



Red Cabbage Mango Pistachio Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon agave nectar
- 1 tablespoon champagne vinegar
- 1 sprig mint leaves fresh
- 1 tablespoon juice of lime
- 1 mangos peeled seeded cut into wedges
- 0.5 large head cabbage shredded red
- 0.3 cup roasted shelled
- 0.5 teaspoon salt

2 tablespoons truffle oil

Equipment

bowl

whisk

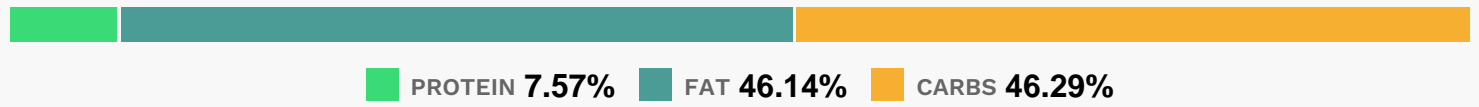
Directions

Stir red cabbage, mango, pistachios, and 1 tablespoon mint together in a large salad bowl.

Whisk truffle oil, agave nectar, lime juice, champagne vinegar, and salt in a small bowl and pour dressing over salad; toss to combine.

Garnish with 1 sprig fresh mint.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:5.45, Inflammation Score:-9, Nutrition Score:14.407391465229%

Flavonoids

Cyanidin: 238.44mg, Cyanidin: 238.44mg, Cyanidin: 238.44mg, Cyanidin: 238.44mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 158.54kcal (7.93%), Fat: 8.75g (13.47%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 16.05g (5.83%), Sugar: 13.39g (14.88%), Cholesterol: 0mg (0%), Sodium: 264.28mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin C: 81.74mg (99.08%), Vitamin K: 49.39µg

(47.04%), Vitamin A: 1749.01IU (34.98%), Vitamin B6: 0.4mg (20.1%), Manganese: 0.38mg (19.03%), Fiber: 3.71g (14.85%), Potassium: 414.24mg (11.84%), Folate: 43.14µg (10.78%), Vitamin E: 1.49mg (9.95%), Vitamin B1: 0.14mg (9.58%), Magnesium: 30.29mg (7.57%), Copper: 0.15mg (7.38%), Iron: 1.28mg (7.1%), Phosphorus: 70.8mg (7.08%), Vitamin B2: 0.11mg (6.57%), Calcium: 63.37mg (6.34%), Vitamin B3: 0.87mg (4.34%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.28mg (2.85%), Selenium: 1.43µg (2.05%)