



Red Cabbage Salad

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 oz mandarin orange segments drained canned
- 2 cups carrots shredded
- 4.5 tsp gingerroot grated
- 3 green onions sliced
- 0.3 cup miracle whip dressing
- 4 cups cabbage shredded red
- 3 Tbsp planters slivered almonds toasted
- 0.5 tsp sugar

Equipment

bowl

Directions

- Combine first 3 ingredients in large bowl.
- Mix dressing, ginger and sugar until blended.
- Add to cabbage mixture; mix lightly.
- Refrigerate 1 hour. Stir in nuts and onions before serving.

Nutrition Facts



PROTEIN 10.38% **FAT 25.47%** **CARBS 64.15%**

Properties

Glycemic Index:10.3, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:5.4147825629815%

Flavonoids

Cyanidin: 37.39mg, Cyanidin: 37.39mg, Cyanidin: 37.39mg, Cyanidin: 37.39mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 30.29kcal (1.51%), Fat: 0.94g (1.44%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.23g (3.59%), Cholesterol: 0.38mg (0.13%), Sodium: 48.27mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin A: 2562.48IU (51.25%), Vitamin C: 16.55mg (20.06%), Vitamin K: 12.22µg (11.63%), Manganese: 0.1mg (4.99%), Fiber: 1.24g (4.97%), Potassium: 125.33mg (3.58%), Vitamin E: 0.52mg (3.48%), Vitamin B6: 0.07mg (3.27%), Magnesium: 10.7mg (2.68%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.04mg (2.52%), Folate: 8.28µg (2.07%), Phosphorus: 19.78mg (1.98%), Calcium: 19.76mg (1.98%), Iron: 0.31mg (1.74%), Vitamin B3: 0.34mg (1.68%), Copper: 0.03mg (1.66%), Zinc: 0.21mg (1.39%)