



Red Cabbage Salad



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound bacon
- ☐ 1 small head cauliflower chopped
- ☐ 6 ounce french-fried onions canned
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 large head cabbage shredded red
- ☐ 8 ounce salad dressing italian-style

Equipment

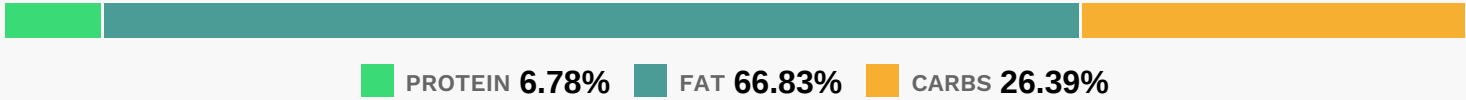
- ☐ frying pan

☐ mixing bowl

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a mixing bowl, combine cabbage and dressing. Toss and refrigerate overnight.
- ☐ Before serving, toss together chilled cabbage and dressing with cauliflower, French fried onions, bacon and pepper.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.71, Inflammation Score:-9, Nutrition Score:16.786521756131%

Flavonoids

Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 371.53kcal (18.58%), Fat: 27.89g (42.91%), Saturated Fat: 9.1g (56.89%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 21.13g (7.68%), Sugar: 9.12g (10.14%), Cholesterol: 18.71mg (6.24%), Sodium: 694.52mg (30.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin C: 96.88mg (117.43%), Vitamin K: 75.26µg (71.68%), Vitamin A: 1602.97IU (32.06%), Vitamin B6: 0.45mg (22.55%), Manganese: 0.42mg (20.78%), Potassium: 524.27mg (14.98%), Fiber: 3.66g (14.62%), Vitamin B1: 0.19mg (12.75%), Folate: 44.41µg (11.1%), Selenium: 7.32µg (10.45%), Phosphorus: 102.27mg (10.23%), Vitamin B3: 1.94mg (9.69%), Vitamin B2: 0.14mg (8.28%), Iron: 1.47mg (8.16%), Magnesium: 32.58mg (8.14%), Calcium: 76.45mg (7.65%), Vitamin E: 0.93mg (6.17%), Vitamin B5: 0.59mg (5.88%), Zinc: 0.76mg (5.04%), Copper: 0.06mg (2.76%), Vitamin B12: 0.14µg (2.36%)