



Red Cabbage Salad II

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup canola oil
- 0.3 teaspoon ground pepper black
- 0.3 teaspoon onion powder
- 1 head cabbage shredded red cored
- 0.7 cup red wine vinegar
- 1 teaspoon salt
- 1 teaspoon lawry's seasoned salt
- 1 tablespoon sugar white

Equipment

bowl

Directions

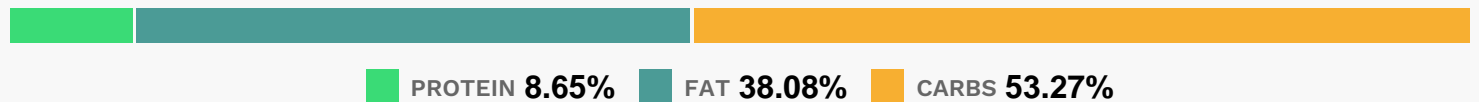
In a bowl, mix the canola oil, red wine vinegar, sugar, salt, seasoned salt, pepper, and onion powder.

Place the cabbage in a large glass bowl.

Pour dressing over cabbage, and toss to coat. Cover, and refrigerate 8 hours, or overnight, stirring occasionally.

Drain before serving.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:3.76, Inflammation Score:-9, Nutrition Score:12.765652335208%

Flavonoids

Cyanidin: 293.41mg, Cyanidin: 293.41mg, Cyanidin: 293.41mg, Cyanidin: 293.41mg 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: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 89.59kcal (4.48%), Fat: 3.97g (6.1%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 9.52g (3.46%), Sugar: 7.36g (8.18%), Cholesterol: 0mg (0%), Sodium: 815.14mg (35.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin C: 79.86mg (96.8%), Vitamin K: 56.22µg (53.54%), Vitamin A: 1561IU (31.22%), Manganese: 0.37mg (18.29%), Vitamin B6: 0.29mg (14.65%), Fiber: 2.97g (11.88%), Potassium: 352.28mg (10.07%), Iron: 1.26mg (6.98%), Calcium: 65.71mg (6.57%), Folate: 25.24µg (6.31%), Vitamin B1: 0.09mg (6%), Magnesium: 23.69mg (5.92%), Vitamin B2: 0.1mg (5.71%), Vitamin E: 0.81mg (5.39%), Phosphorus: 44.47mg (4.45%), Vitamin B3: 0.59mg (2.93%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.21mg (2.07%), Copper: 0.03mg (1.44%), Selenium: 0.87µg (1.24%)