



Red Cabbage Salad with Green Apple, Lingonberry Preserves, and Toasted Walnuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large apples i use 2 granny smith apples divided grated unpeeled
- ☐ 3 tablespoons jam divided
- ☐ 4 cups cabbage red thinly sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 cup walnut halves divided toasted

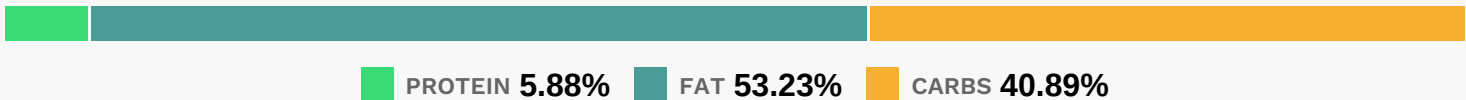
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Puree 1 tablespoon preserves, mustard, and vinegar in blender. With machine running, gradually add oil. Season dressing to taste with salt and pepper.
- ☐ Reserve 1/4 of grated apple and several walnut halves for garnish. Toss cabbage, remaining 2 tablespoons preserves, apple, and walnuts in large bowl. Toss with enough dressing to coat. Season to taste with salt and pepper.
- ☐ Garnish with reserved grated apple and walnut halves and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:4.67, Inflammation Score:-6, Nutrition Score:6.5208695660467%

Flavonoids

Cyanidin: 94.01mg, Cyanidin: 94.01mg, Cyanidin: 94.01mg, Cyanidin: 94.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 123.22kcal (6.16%), Fat: 7.76g (11.93%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 11.14g (4.05%), Sugar: 8.46g (9.4%), Cholesterol: 0mg (0%), Sodium: 35.62mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin C: 27.42mg (33.24%), Manganese: 0.38mg (18.96%), Vitamin K: 19.83µg (18.89%), Vitamin A: 514.47IU (10.29%), Fiber: 2.26g (9.03%), Vitamin B6: 0.15mg (7.32%), Copper: 0.14mg (7.02%), Magnesium: 21.34mg (5.34%), Potassium: 179.53mg (5.13%), Phosphorus: 45.32mg (4.53%), Vitamin E: 0.66mg (4.37%), Folate: 16.97µg (4.24%), Vitamin B1: 0.06mg (4.19%), Iron: 0.68mg (3.76%), Vitamin B2: 0.06mg (3.29%), Calcium: 31.66mg (3.17%), Zinc: 0.35mg (2.35%), Selenium: 1.41µg (2.02%), Vitamin B3: 0.31mg (1.53%), Vitamin B5: 0.13mg (1.31%)