



Red Cabbage Salad with Warm Pancetta-Balsamic Dressing

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 0.3 cup currants dried
- 1 tablespoon olive oil extra virgin extra-virgin
- 3 ounce pancetta italian thinly sliced finely chopped (bacon)
- 0.3 cup parsley fresh italian chopped
- 6 cups cabbage red thinly sliced (from)
- 1 tablespoon shallots finely chopped

0.5 cup almonds whole toasted coarsely chopped

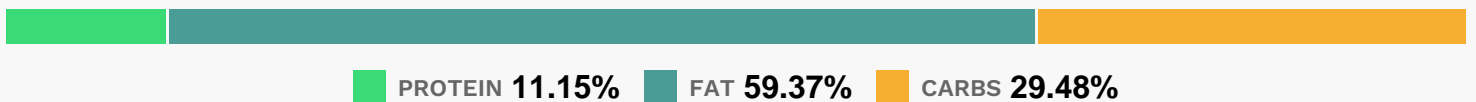
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place currants in small bowl.
- Heat vinegar in saucepan over medium heat until hot (do not boil).
- Pour vinegar over currants; let soak until currants soften, 15 to 20 minutes.
- Place cabbage in large bowl; set aside.
- Heat large nonstick skillet over medium- high heat.
- Add pancetta; sauté until brown and crisp, about 5 minutes.
- Add shallot to pancetta and drippings in skillet; sauté 1 minute.
- Remove from heat. Stir in currant- vinegar mixture and olive oil. Season with salt and freshly ground black pepper.
- Pour pancetta mixture over cabbage and toss to coat. Season to taste with salt and pepper.
- Let stand 5 to 10 minutes.
- Add almonds and parsley; toss to blend.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:3.47, Inflammation Score:-8, Nutrition Score:15.450869394385%

Flavonoids

Cyanidin: 187.04mg, Cyanidin: 187.04mg, Cyanidin: 187.04mg, Cyanidin: 187.04mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin:

0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg,
Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin:
0.05mg, Naringenin: 0.05mg Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg Luteolin:
0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg,
Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg,
Kaempferol: 0.08mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin:
0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 202.86kcal (10.14%), Fat: 14.08g (21.67%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 15.74g (5.25%),
Net Carbohydrates: 11.98g (4.36%), Sugar: 9.01g (10.01%), Cholesterol: 9.36mg (3.12%), Sodium: 124.05mg (5.39%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Vitamin K: 76.61µg (72.97%), Vitamin C: 54.47mg
(66.02%), Manganese: 0.54mg (26.88%), Vitamin A: 1213.65IU (24.27%), Vitamin E: 3.57mg (23.81%), Fiber: 3.76g
(15.03%), Vitamin B6: 0.27mg (13.29%), Magnesium: 52.84mg (13.21%), Vitamin B2: 0.22mg (12.94%), Potassium:
406.71mg (11.62%), Phosphorus: 114.34mg (11.43%), Vitamin B1: 0.13mg (8.88%), Iron: 1.57mg (8.73%), Copper: 0.17mg
(8.45%), Calcium: 84.34mg (8.43%), Vitamin B3: 1.51mg (7.53%), Folate: 26.23µg (6.56%), Selenium: 3.94µg (5.62%),
Zinc: 0.8mg (5.31%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.07µg (1.18%)