



Red Pear, Onion, and Cabbage Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons crystallized ginger coarsely chopped
- ☐ 0.5 cup green onions chopped
- ☐ 2 teaspoons horseradish prepared
- ☐ 1.5 lb cabbage red
- ☐ 0.5 cup onion red finely chopped
- ☐ 10 oz firm-ripe red-skin pears
- ☐ 6 tablespoons rice vinegar
- ☐ 8 servings salt

☐ 1 tablespoon sugar

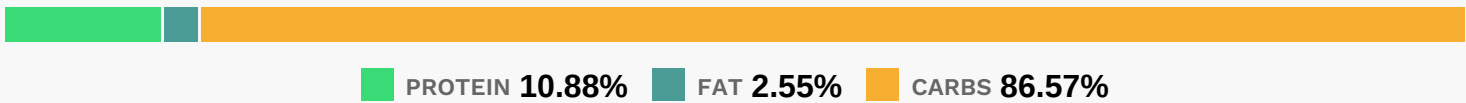
Equipment

☐ bowl

Directions

- ☐ Pull off and discard the bruised cabbage leaves. Rinse cabbage and thinly slice.
- ☐ In a large bowl, mix 6 tablespoons rice vinegar, sugar, horseradish, red onion, and ginger.
- ☐ Add cabbage and then salt to taste; mix well. For mellow flavor, let salad stand at least 10 minutes, then mix again.
- ☐ Rinse the pears, and core them. Coarsely chop 1 pear and mix with salad. Slice remaining pear, moisten with a little rice vinegar, and arrange on salad.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:30.76, Glycemic Load:2.82, Inflammation Score:-8, Nutrition Score:10.17913053865%

Flavonoids

Cyanidin: 178.46mg, Cyanidin: 178.46mg, Cyanidin: 178.46mg, Cyanidin: 178.46mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 73.74kcal (3.69%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 14.14g (5.14%), Sugar: 7.78g (8.64%), Cholesterol: 0mg (0%), Sodium: 230.42mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin C: 53.75mg (65.15%), Vitamin K: 46.51µg (44.3%), Vitamin A: 1014.16IU (20.28%), Manganese: 0.29mg (14.41%), Vitamin B6: 0.25mg (12.74%), Potassium: 403.14mg (11.52%), Fiber: 2.76g (11.05%), Folate: 28.3µg (7.07%), Vitamin B1: 0.09mg (6.08%), Magnesium: 24.12mg (6.03%),

Iron: 1.06mg (5.91%), Phosphorus: 53.21mg (5.32%), Calcium: 50.17mg (5.02%), Vitamin B2: 0.08mg (4.59%),
Vitamin B3: 0.81mg (4.06%), Copper: 0.07mg (3.64%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.36mg (2.38%),
Selenium: 0.88µg (1.26%)