



Savoy Cabbage Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 garlic clove minced
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 cups napa cabbage chinese thinly sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.1 teaspoon salt

Equipment

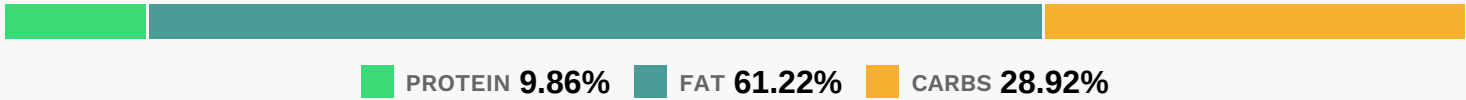
☐

bowl

Directions

- ☐ Combine the first 3 ingredients in a bowl.
- ☐ Drizzle with oil and juice, and toss.
- ☐ Sprinkle with salt and pepper, and toss well.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:5.7647825920064%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 36.84kcal (1.84%), Fat: 2.77g (4.26%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 1.83g (0.66%), Sugar: 1.15g (1.28%), Cholesterol: 0mg (0%), Sodium: 131.05mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin K: 33.79µg (32.18%), Vitamin C: 21.36mg (25.89%), Folate: 60.6µg (15.15%), Vitamin B6: 0.18mg (9.18%), Manganese: 0.16mg (7.75%), Calcium: 62.41mg (6.24%), Potassium: 187.12mg (5.35%), Vitamin A: 264.1IU (5.28%), Fiber: 1.12g (4.48%), Vitamin E: 0.56mg (3.74%), Magnesium: 10.76mg (2.69%), Phosphorus: 23.04mg (2.3%), Vitamin B2: 0.04mg (2.3%), Vitamin B1: 0.03mg (2.19%), Copper: 0.04mg (1.8%), Vitamin B3: 0.32mg (1.61%), Iron: 0.28mg (1.58%), Zinc: 0.18mg (1.22%)