




Shaved Cabbage and Brussels Sprout Salad


 Vegetarian  Gluten Free  Very Healthy

READY IN




80 min.

SERVINGS



6

CALORIES



81 kcal

[SIDE DISH](#) [ANTIPASTI](#) [STARTER](#) [SNACK](#)

Ingredients

- 2.5 cups brussels sprouts thinly sliced
- 0.5 cup buttermilk
- 0.3 cup chives chopped
- 1 gala apple cut into matchsticks
- 6 servings kosher salt and pepper black freshly ground
- 2 teaspoons olive oil
- 5 cups cabbage red thinly sliced
- 3 tablespoons citrus champagne vinegar

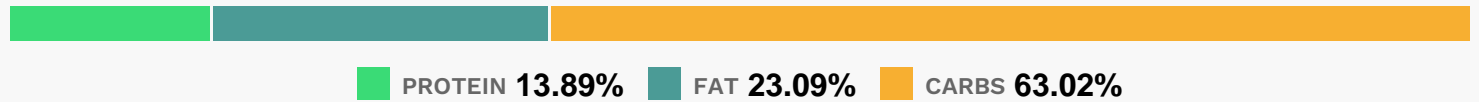
Equipment

- bowl
- whisk

Directions

- Toss the cabbage with the sprouts, chives and apples in a small bowl.
- Whisk the buttermilk with the vinegar and oil in a separate small bowl.
- Pour the dressing over the salad, add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss well.
- Chill, covered, for about 1 hour. Toss well and season with additional salt and pepper.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:3.3, Inflammation Score:-8, Nutrition Score:14.953043574872%

Flavonoids

Cyanidin: 156.1mg, Cyanidin: 156.1mg, Cyanidin: 156.1mg, Cyanidin: 156.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg 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: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 81.06kcal (4.05%), Fat: 2.3g (3.53%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 10.33g (3.76%), Sugar: 7.82g (8.69%), Cholesterol: 2.2mg (0.73%), Sodium: 51.21mg (2.23%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Vitamin K: 99.66µg (94.91%), Vitamin C: 76.17mg (92.32%), Vitamin A: 1250.83IU (25.02%), Manganese: 0.34mg (16.99%), Fiber: 3.76g (15.04%), Vitamin B6: 0.26mg (12.92%), Potassium: 393.16mg (11.23%), Folate: 39.98µg (9.99%), Vitamin B1: 0.11mg (7.66%), Calcium: 76.55mg (7.65%), Vitamin B2: 0.13mg (7.6%), Phosphorus: 69.93mg (6.99%), Iron: 1.24mg (6.86%), Magnesium: 25.22mg (6.31%), Vitamin E: 0.67mg (4.47%), Vitamin B5: 0.33mg (3.25%), Vitamin B3: 0.64mg (3.22%), Copper: 0.06mg (2.85%), Zinc: 0.42mg (2.81%), Selenium: 1.8µg (2.57%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.09µg (1.53%)