



Sito's Lebanese Cabbage Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small cabbage white red chopped
- 0.5 cup mint leaves fresh chopped
- 0.5 teaspoon garlic powder to taste
- 5 juice of lemon to taste
- 2 tablespoons olive oil
- 6 servings pepper freshly ground to taste
- 1 teaspoon salt to taste
- 2 large tomatoes diced seeded

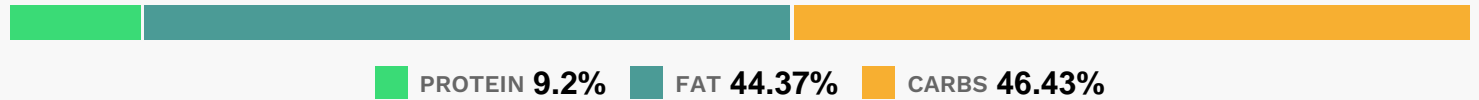
Equipment

bowl

Directions

Combine all ingredients in a large bowl. Taste and add more lemon juice and seasonings, if desired.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:2.37, Inflammation Score:-7, Nutrition Score:13.687826047773%

Flavonoids

Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 91.13kcal (4.56%), Fat: 5.01g (7.7%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 7.67g (2.79%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 413.71mg (17.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin K: 98.21µg (93.53%), Vitamin C: 62.74mg (76.04%), Folate: 69.68µg (17.42%), Fiber: 4.13g (16.5%), Manganese: 0.32mg (16.14%), Vitamin A: 783.32IU (15.67%), Potassium: 397.61mg (11.36%), Vitamin B6: 0.22mg (10.84%), Vitamin E: 1.22mg (8.12%), Vitamin B1: 0.11mg (7.02%), Calcium: 65.21mg (6.52%), Magnesium: 25.83mg (6.46%), Iron: 0.99mg (5.48%), Phosphorus: 51.43mg (5.14%), Vitamin B2: 0.07mg (4.32%), Copper: 0.08mg (3.89%), Vitamin B3: 0.73mg (3.64%), Vitamin B5: 0.35mg (3.55%), Zinc: 0.38mg (2.54%)