



Tangy carrot, red cabbage & onion salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 carrots grated cut into thin sticks or
- ☐ 0.5 cabbage shredded red finely
- ☐ 2 small onion red finely sliced
- ☐ 1 handful mint leaves
- ☐ 1 handful cilantro leaves
- ☐ 1 handful peanuts toasted roughly chopped
- ☐ 2 juice of lime
- ☐ 1 tbsp vegetable oil; peanut oil preferred

- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 1 tbsp brown sugar soft

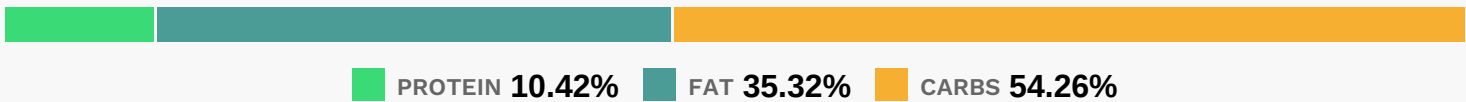
Equipment

- ☐ bowl

Directions

- ☐ Tip the carrots, cabbage and onions into a bowl. Make the dressing by stirring the ingredients together until the sugar has dissolved.
- ☐ Pour over salad, tossing the vegetables in the dressing.
- ☐ Add the herbs, toss again, then scatter over the peanuts.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:5.28, Inflammation Score:-10, Nutrition Score:20.279130479564%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg

Nutrients (% of daily need)

Calories: 169.84kcal (8.49%), Fat: 7.29g (11.22%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 19.35g (7.04%), Sugar: 13.01g (14.45%), Cholesterol: 0mg (0%), Sodium: 77.07mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin A: 11586.73IU (231.73%), Vitamin C: 88.7mg (107.52%), Vitamin K: 53.12µg (50.59%), Manganese: 0.64mg (31.98%), Fiber: 5.85g (23.39%), Vitamin B6: 0.46mg (23.02%), Potassium: 651.09mg (18.6%), Folate: 63.6µg (15.9%), Vitamin B1: 0.19mg (12.88%), Vitamin B3: 2.41mg (12.05%), Magnesium: 47.88mg (11.97%), Phosphorus: 104.19mg (10.42%), Calcium: 96.66mg (9.67%), Iron: 1.63mg

(9.06%), Vitamin B2: 0.15mg (8.72%), Vitamin E: 1.19mg (7.96%), Copper: 0.16mg (7.76%), Vitamin B5: 0.57mg (5.66%), Zinc: 0.68mg (4.52%), Selenium: 1.59µg (2.27%)