

## Tangy Red Cabbage

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

### Ingredients

- 0.3 cup balsamic vinegar
- 0.3 cup soya sauce light
- 0.3 cup olive oil
- 1 small head cabbage shredded red cored

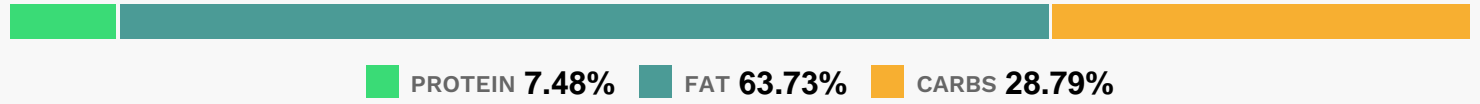
### Equipment

- bowl

## Directions

- Mix the balsamic vinegar, olive oil, and soy sauce in a bowl.
- Place the shredded cabbage in a separate bowl.
- Pour balsamic vinegar mixture over the cabbage, and toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:2.57, Inflammation Score:-8, Nutrition Score:9.58086963581%

## Flavonoids

Cyanidin: 198.29mg, Cyanidin: 198.29mg, Cyanidin: 198.29mg, Cyanidin: 198.29mg 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: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 124kcal (6.2%), Fat: 9.16g (14.09%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 7.25g (2.64%), Sugar: 5.37g (5.97%), Cholesterol: 0mg (0%), Sodium: 568.12mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin C: 53.87mg (65.29%), Vitamin K: 41.52µg (39.54%), Vitamin A: 1054.62IU (21.09%), Manganese: 0.29mg (14.59%), Vitamin B6: 0.22mg (10.84%), Vitamin E: 1.4mg (9.33%), Fiber: 2.06g (8.25%), Potassium: 262.12mg (7.49%), Iron: 1.11mg (6.18%), Magnesium: 20.26mg (5.07%), Calcium: 47.42mg (4.74%), Vitamin B2: 0.08mg (4.7%), Folate: 18.75µg (4.69%), Vitamin B1: 0.07mg (4.41%), Phosphorus: 42.94mg (4.29%), Vitamin B3: 0.78mg (3.88%), Vitamin B5: 0.18mg (1.75%), Zinc: 0.26mg (1.72%), Copper: 0.03mg (1.59%)