



## Thai-Style Cabbage Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 0.8 teaspoon salt
- 0.3 cup carrots grated
- 2 tablespoons mint leaves dried fresh crumbled finely chopped
- 3 cups cabbage shredded finely
- 1 tablespoon vegetable oil
- 1 tablespoon juice of lemon fresh
- 1 teaspoon sugar

0.3 cup frangelico sliced small

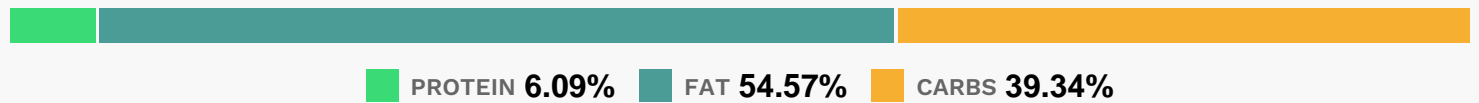
## Equipment

bowl

## Directions

In a bowl stir together the lemon juice, the sugar, and the salt until the sugar and salt are dissolved, add the cabbage, the onion, the carrot, the mint, the coriander, and the oil, and toss the salad well.

## Nutrition Facts



## Properties

Glycemic Index:96.46, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:14.273912751156%

## Flavonoids

Eriodictyol: 1.91mg, Eriodictyol: 1.91mg, Eriodictyol: 1.91mg, Eriodictyol: 1.91mg Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 108.05kcal (5.4%), Fat: 7.03g (10.81%), Saturated Fat: 1.1g (6.84%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 7.75g (2.82%), Sugar: 6.56g (7.29%), Cholesterol: 0mg (0%), Sodium: 907.5mg (39.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin K: 96.36µg (91.77%), Vitamin A: 3906.69IU (78.13%), Vitamin C: 44.29mg (53.68%), Fiber: 3.66g (14.62%), Folate: 56.65µg (14.16%), Manganese: 0.26mg (13.11%), Vitamin B6: 0.17mg (8.51%), Potassium: 285.25mg (8.15%), Calcium: 62.47mg (6.25%), Vitamin E: 0.88mg (5.84%), Vitamin B1: 0.08mg (5.62%), Magnesium: 19.74mg (4.93%), Iron: 0.83mg (4.64%), Vitamin B2: 0.07mg (4.11%), Phosphorus: 39.21mg (3.92%), Vitamin B5: 0.31mg (3.1%), Vitamin B3: 0.55mg (2.76%), Copper: 0.05mg (2.45%), Zinc: 0.3mg (2.03%)