



Triple-Cabbage Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cabbage chinese thinly sliced (napa)
- ☐ 1.5 cups cabbage shredded green
- ☐ 0.5 cup cabbage shredded red
- ☐ 1 tablespoon chives fresh chopped
- ☐ 3 tablespoons orange marmalade
- ☐ 2 tablespoons rice vinegar
- ☐ 1 teaspoon ginger grated

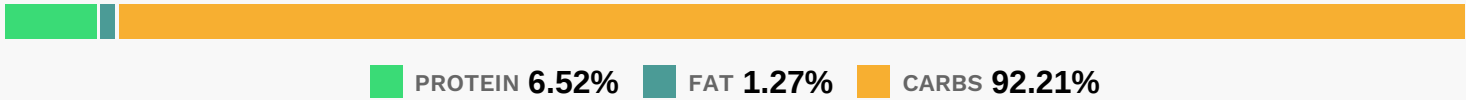
Equipment

☐ bowl

Directions

- ☐ Mix cabbages and chives in large glass or plastic bowl.
- ☐ Stir marmalade, vinegar and gingerroot in small bowl until blended.
- ☐ Add to cabbage mixture; toss lightly to mix.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:6.2656523067018%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 57.73kcal (2.89%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 12.54g (4.56%), Sugar: 11.41g (12.68%), Cholesterol: 0mg (0%), Sodium: 22.68mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin K: 52.4µg (49.9%), Vitamin C: 29.94mg (36.29%), Folate: 30.53µg (7.63%), Fiber: 1.9g (7.59%), Manganese: 0.14mg (6.82%), Vitamin B6: 0.1mg (5.19%), Vitamin A: 226.13IU (4.52%), Potassium: 141.16mg (4.03%), Calcium: 36.46mg (3.65%), Vitamin B1: 0.05mg (3.06%), Magnesium: 10.04mg (2.51%), Iron: 0.42mg (2.32%), Vitamin B2: 0.04mg (2.17%), Phosphorus: 20.79mg (2.08%), Vitamin B5: 0.15mg (1.52%), Copper: 0.03mg (1.49%), Vitamin B3: 0.21mg (1.03%)