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Simple Cabbage Salad ♦

A refreshing and healthy cabbage salad that can be enjoyed as a side dish or a light meal. This salad is made with fresh cabbage, carrots, and a tangy dressing. It's perfect for summer picnics or as a quick and easy lunch option.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	cabbage
150 g	Carrots
2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	salt

0.5 tsp pepper

Directions

Step 1

Cut

Shred the cabbage and carrots into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the shredded cabbage and carrots.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the dressing over the cabbage and carrots, and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Resting

Let the salad sit for 5 minutes to allow the flavors to meld.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the cabbage salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 7 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic

Course

Salads Snacks Sauces & Dressings

Diet

The Fast Metabolism Diet The 80/10/10 Diet The Gerson Therapy
The Swiss Secret Diet The Scarsdale Diet The Cabbage Soup Diet
The Hallelujah Diet The Mayo Clinic Diet The Beverly Hills Diet
The Hollywood Diet The Lemonade Diet The Grapefruit Diet The Rice Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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