



Healthdor

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Cabbage Salad ♦

A refreshing and healthy salad made with fresh cabbage and a tangy dressing. This salad is perfect for a light lunch or as a side dish for a summer barbecue.

Recipe Type: Vegetarian

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

500 g	cabbage
100 g	Carrots
50 g	red onion
2 tbsp	lemon juice
2 tbsp	olive oil
1 tsp	salt

0.5 tsp pepper

Directions

Step 1

Cut

Shred the cabbage and carrots.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cut

Thinly slice the red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the cabbage mixture and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 6 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	4 g	10.53%	16%
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	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
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	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	8 mg	0.24%	0.31%
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

Events

Barbecue

Meal Type

Breakfast

Supper

Lunch

Snack

Course

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Cooking

Sprinkling

Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD)

Celiac disease

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Hepatitis

Colorectal cancer

Difficulty Level

Medium

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