

**LEBANESE CABBAGE SALAD** 4 portions**INGREDIENTS**

- 360 grams of cabbage, raw
- 270 grams of tomatoes, red, ripe, raw, year round average
- 1 small unit of onions, raw [70 g]
- 30 measures of lemon juice, fresh [300 g]
- 2 tablespoons of oil, olive [22 g]
- 3 teaspoons of mint, dried [3 g]
- 50 grams of beverages, water, tap, drinking

**COOKING METHOD**

- 1° Mix shredded cabbage, chopped tomatoes, onion with lemon juice, olive oil, water and season with salt, dried mint.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION [269 g]	% DRI
ENERGY	37 kcal	98 kcal	5 %
FAT	2 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	8 mg	22 mg	1 %
CARBOHYDRATE	4 g	11 g	4 %
SUGARS	2 g	7 g	–
FIBER	1 g	3 g	13 %
PROTEIN	1 g	2 g	–