SPANISH · SIDE

Spanish Garlic Cabbage Salad

Ensalada de col andaluza

15 min · Serves 6 · 117 kcal a serve · Video 5:51 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Only 5 g net carbs a serve: crunchy raw cabbage in a warm garlic, olive oil and smoked paprika dressing, with no mayonnaise or sugar. Rich in vitamin C and vitamin K.

Diet notes: Keto (5.2 g net carbs a serve); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 8 · SERVES 6

- [ ] 1 head **green cabbage**, 1½ lb, cored and sliced ¼ inch thick
- [ ] ¼ cup extra **virgin olive oil**
- [ ] 8 **garlic** cloves, thinly sliced
- [ ] 1 tbsp (1 tbsp) **sherry vinegar** (or red wine or cider vinegar)
- [ ] 1½ tsp **sweet smoked Spanish paprika**
- [ ] ½ tsp **ground cumin**
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] chopped **parsley**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Remove the outer leaves, quarter and core the cabbage, and slice it about ¼ inch thick. Rinse and spin or pat completely dry. 1:05
2. Put the cabbage in a large bowl and season with salt; it draws out a little water and takes away the raw edge while keeping the crunch. 1:57
3. Warm ¼ cup olive oil in a frying pan over medium heat and cook the sliced garlic, stirring, for 1–2 minutes until just golden. 2:14
4. Add the sherry vinegar, smoked paprika, cumin and a little salt and pepper, turn off the heat and stir. 2:55
5. Pour the warm dressing over the cabbage, toss well and serve sprinkled with parsley. 3:39

> **Tip** Serves about 6 as a side (our estimate; the card doesn't say). It keeps well in the fridge for a couple of days, so it's a good make-ahead salad.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
117 kcal	1.9 g	8.4 g	3.2 g	9.3 g	410 mg
490 kJ	4% of a day	5.2 g net · 3.7 g sugars	11% of a day	1.3 g saturated	18% of a day
		3% of a day		12% of a day	

Energy from net carbs 19% · protein 7% · fat 74% — fits keto: 5.2 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin K 88% · Vitamin C 48%

Source of (10–19%) Folate 13% · Vitamin B6 12% · Vitamin E 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=NE2v4NxvRwA. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ensalada-de-col-andaluza