

Red Cabbage Salad

*The Old Miner's Lodge - Park City, UT
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*1 cup vinegar
1/2 cup oil
1 tablespoon sugar
1 teaspoon dried basil OR 1
tablespoon chopped fresh basil
1/2 teaspoon dry mustard
2 tablespoons fresh lemon juice
garlic salt (to taste)
freshly ground pepper (to taste)
1 head red cabbage, grated or chopped
fine*

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In a bowl, mix well the vinegar, oil, sugar, basil, mustard, lemon juice, garlic salt and pepper.

Toss with the cabbage.

Serve with a slotted spoon.

Per Serving (excluding unknown items): 180 Calories; 18g Fat (87.1% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	180
% Calories from Fat:	87.1%
% Calories from Carbohydrates:	12.3%
% Calories from Protein:	0.6%
Total Fat (g):	18g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): trace
 Sodium (mg): 2mg
 Potassium (mg): 78mg
 Calcium (mg): 11mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 11mg
 Vitamin A (i.u.): 7IU
 Vitamin A (r.e.): 1/2RE

Grain (Starch):
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3 1/2
 Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 180 Calories from Fat: 157

% Daily Values*

Total Fat	18g	28%
Saturated Fat	2g	11%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	18%
Calcium	1%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.