

# Indian-ish Coconut Cabbage Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/cabbage-coconut-indian-recipe>

## Ingredients:

- 2 tablespoons coconut oil ~ Or oil of your choice
- 1 teaspoon brown mustard seeds or black, ~ Yellow will also work
- 2 green chilies
- 1 serrano
- 10 curry leaves ~ Optional, coarsely chopped
- 4 cups red cabbage or green, ~ Thinly slice, see Notes below
- 1 cup carrot ~ Grated, optional. Reduce the cabbage by 1 cup
- 1/4 cup peanut ~ Coarsely chopped
- 1 lime juice tablepoon
- 1 teaspoon sugar
- 2 tablespoons coconut fresh, ~ Grated or 3 tablespoons desiccated coconut
- 1/4 teaspoon table salt or sea, ~ Substitutions

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 14 grams
3. Fat: 12 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 7 grams
7. Sodium: 190 milligrams
8. Sugar: 7 grams

---

Thank you for visiting our website. Hope you enjoy Indian-ish Coconut Cabbage Salad above. You can see more 19 cabbage coconut indian recipe Get cooking and enjoy! to get more great cooking ideas.