

# Curtido (Salvadoran Pickled Cabbage Slaw)

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-crudito-cabbage-recipe>

## Ingredients:

- 600 grams cabbage approximately half a cabbage
- 1 onion red or white
- 1 carrot
- 2 jalapeno optional
- 1 1/2 cups hot water
- 3/4 cup white vinegar
- 1 tablespoon salt
- 1 teaspoon Mexican oregano or regular oregano

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fiber: 4 grams
4. Protein: 2 grams
5. Sodium: 1610 milligrams
6. Sugar: 2 grams

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