

Indian Cabbage Slaw

Yield: 4 min
Total Time: 11 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-tomato-salad-recipe>

Ingredients:

- 4 cups cabbage chopped, or use ready slaw mix4 cups, 280 g chopped cabbage, or use ready slaw mix
- 1 tomatoes diced1, 1 Tomatoes, diced
- 1/4 cup cilantro chopped1/4 cup, 4 g Cilantro, chopped
- 2 tablespoons peanuts Spanish, chopped2 tablespoons, 2 tablespoons Spanish peanuts, chopped
- 1 teaspoon kosher salt 1 teaspoon, 1 teaspoon Kosher Salt
- 1/2 teaspoon sugar Or Other Sweetener Equivalent,, Optional1/2 teaspoon, 0.5 teaspoon Sugar Or Other Sweetener Equivalent,, Optional
- 1 tablespoon oil 1 tablespoon, 1 tablespoon Oil
- 1/4 teaspoon black mustard seeds or cumin seeds1/4 teaspoon, 0.25 teaspoon black mustard seeds, or cumin seeds
- 1/2 teaspoon turmeric 1/2 teaspoon, 0.5 teaspoon Turmeric
- 1 lemon juiced1, 1 Lemon, juiced

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 9 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 620 milligrams
8. Sugar: 2 grams

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