

# South Indian-style Red Cabbage

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 4 cups red cabbage shredded
- 2 tablespoons olive oil
- 2 tablespoons mustard seeds
- curry leaves from 1 stalk, about 6-10
- 1 inch ginger piece, peeled and minced
- 6 whole red chillies dried
- salt to taste
- 1 tablespoon turmeric
- 1 lemon
- 1/4 cup toasted shredded coconut optional
- 1/4 cup peanuts optional

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 13 grams
3. Fat: 16 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 220 milligrams
8. Sugar: 4 grams

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