

# Curtido Salvadoreño (Cabbage Salad)



Makes: 8 servings

This salad will make a great side dish for your next cookout.

## Ingredients

- 1 head of cabbage, chopped
- 2 medium carrots, grated
- 1 small onion, sliced
- red pepper flakes (optional, 1/2 teaspoon)
- 1/2 teaspoon oregano
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1 teaspoon brown sugar
- 1/4 cup vinegar
- 1/2 cup water

## Directions

1. Wash hands with soap and water.
2. Blanch the cabbage with boiling water for 1 minute. Discard the water.

3. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
4. Place in the refrigerator for at least 2 hours before serving.

## Notes

Learn more about:

- [Cabbage](#)
- [Carrots](#)
- [Onions](#)

Source:

*Delicious Heart-Healthy Latino Recipes/ Platos Latinos Sabrosos y Saludables*

US Department of Health and Human Services

National Heart, Lung, and Blood Institute

# Nutrition Information

Serving Size: 1 cup prepared salad, 1/8 of recipe (159g)

Nutrients	Amount
Total Calories	49
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	178 mg
Carbohydrates	10 g
Dietary Fiber	4 g
Total Sugars	6 g
Added Sugars included	1 g
Protein	2 g
Vitamin D	0 mcg
Calcium	56 mg
Iron	1 mg
Potassium	269 mg

N/A will display when nutrient data is unavailable

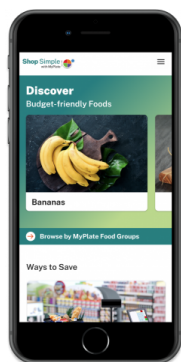
Please note: nutrient values are subject to change as data is updated

# MyPlate Food Groups



Vegetables

1 1/2 cups



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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