DietCloud – Recipe

Recipe Name: Cabbage, Spinach, Pomegranate Slaw with Lemon Dressing Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Cabbage (Patta Gobi/ Muttaikose) - shredded • 1 cup Spinach - shredded • 1 cup Fresh Pomegranate Fruit Kernels • 2 Lemon juice • 2 tablespoons Extra Virgin Olive Oil • Salt and Pepper - to taste	4

Preparation

• To begin making the Cabbage, Spinach, Pomegranate Slaw with Lemon Dressing Recipe, we will first whisk in the dressing in a bowl.
• Combine lemon juice, olive oil, salt and pepper well and keep aside.
• Using a fork emulsify the lemon and oil together and add.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	5	10