



10-Minute Asian Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



113 kcal

SIDE DISH

Ingredients

- 16 ounces coleslaw mix
- 0.5 cup salad dressing italian
- 1 pound jicama peeled cut into 1/2-inch cubes (2 cups)
- 11 ounces mandarin orange segents drained canned
- 2 tablespoons peanut butter
- 0.5 cup peanuts
- 1 tablespoon soya sauce

Equipment

bowl

whisk

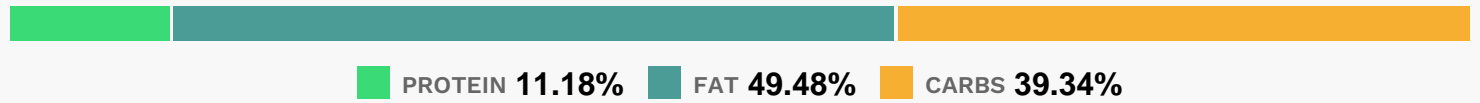
Directions

In small bowl, mix all dressing ingredients with wire whisk until smooth.

In large bowl, toss coleslaw mix, orange segments and jicama. Toss with dressing.

Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:12.02, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:7.9452174176341%

Flavonoids

Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 112.58kcal (5.63%), Fat: 6.6g (10.15%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 7.83g (2.85%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 202.64mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Vitamin C: 28.45mg (34.48%), Vitamin K: 34.33µg (32.7%), Fiber: 3.98g (15.93%), Manganese: 0.3mg (15.18%), Folate: 42.11µg (10.53%), Vitamin B3: 1.66mg (8.29%), Magnesium: 29.22mg (7.31%), Potassium: 235.8mg (6.74%), Vitamin B6: 0.13mg (6.26%), Vitamin B1: 0.09mg (6.22%), Phosphorus: 57.89mg (5.79%), Copper: 0.11mg (5.3%), Vitamin E: 0.74mg (4.93%), Vitamin A: 225.48IU (4.51%), Iron: 0.79mg (4.38%), Calcium: 38.6mg (3.86%), Vitamin B5: 0.33mg (3.29%), Vitamin B2: 0.05mg (3%), Zinc: 0.36mg (2.38%), Selenium: 1.16µg (1.66%)