



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

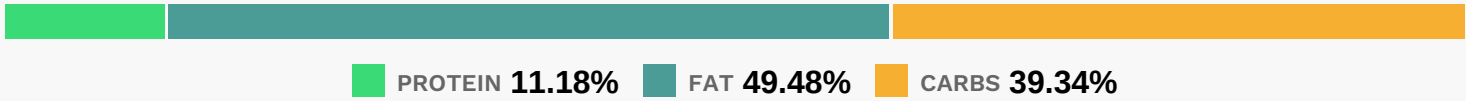
Equipment

- ☐ 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%)