

20 Second Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 ounce coleslaw mix
- ☐ 1 cup dry-roasted peanuts
- ☐ 2 teaspoons ground mustard dry
- ☐ 2 tablespoons onion grated
- ☐ 20 ounce peas green frozen thawed
- ☐ 2 tablespoons poppy seeds
- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable oil

- ☐ 0.5 cup vinegar
- ☐ 0.5 cup sugar white

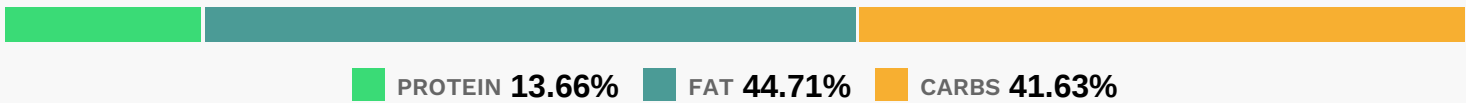
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vegetable oil, sugar, vinegar, grated onion, dry mustard, and salt in a bowl, stirring until sugar has dissolved.
- ☐ Toss coleslaw mix, peas, peanuts, and poppy seeds together in a large salad bowl until thoroughly combined; pour dressing over coleslaw and stir to coat.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.02, Glycemic Load:5.27, Inflammation Score:-5, Nutrition Score:9.0521739773128%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 122.38kcal (6.12%), Fat: 6.38g (9.82%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 9.76g (3.55%), Sugar: 8.13g (9.04%), Cholesterol: 0mg (0%), Sodium: 157.94mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Vitamin K: 45.53µg (43.36%), Vitamin C: 28.04mg (33.99%), Manganese: 0.43mg (21.56%), Fiber: 3.62g (14.47%), Folate: 48.38µg (12.1%), Vitamin B1: 0.14mg (9.07%), Vitamin B3: 1.81mg (9.04%), Phosphorus: 80.69mg (8.07%), Magnesium: 31.09mg (7.77%), Vitamin B6: 0.13mg (6.35%), Copper: 0.12mg (6.2%), Potassium: 212.59mg (6.07%), Vitamin A: 261.41IU (5.23%), Iron: 0.91mg (5.06%), Calcium: 46.74mg (4.67%), Zinc: 0.67mg (4.44%), Vitamin B2: 0.06mg (3.79%), Selenium: 1.8µg (2.57%), Vitamin B5: 0.23mg (2.33%), Vitamin E: 0.31mg (2.06%)