



5-Ingredient Asian Slaw

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients

- 4 cups cabbage chinese finely sliced (Napa)
- 0.5 medium bell pepper red sliced into thin slices
- 0.5 medium cucumber seeded sliced into thin slices
- 0.3 cup balsamic vinaigrette salad dressing
- 2 tablespoons teriyaki sauce low-sodium

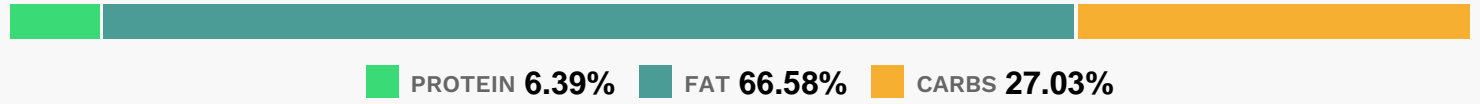
Equipment

- bowl

Directions

- In large bowl, mix cabbage, bell pepper and cucumber.
- In small bowl, mix dressing and teriyaki sauce.
- Pour over cabbage mixture; toss to coat. Refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:6.1839130443075%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 68.37kcal (3.42%), Fat: 5.32g (8.19%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.36g (1.22%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 239.04mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin K: 47.45µg (45.19%), Vitamin C: 30.31mg (36.74%), Vitamin A: 368.28IU (7.37%), Folate: 27.45µg (6.86%), Fiber: 1.5g (5.99%), Vitamin B6: 0.1mg (5.06%), Manganese: 0.1mg (4.9%), Vitamin E: 0.71mg (4.75%), Potassium: 137.37mg (3.92%), Magnesium: 12.46mg (3.12%), Phosphorus: 27.47mg (2.75%), Vitamin B1: 0.04mg (2.72%), Calcium: 23.21mg (2.32%), Iron: 0.4mg (2.23%), Vitamin B2: 0.04mg (2.09%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.29mg (1.44%), Copper: 0.03mg (1.42%)