






 **58%**  
HEALTH SCORE

# Amazing Asian Salad Toss

 Dairy Free

READY IN  
  
**10 min.**

SERVINGS  
  
**10**

CALORIES  
  
**112 kcal**

**SIDE DISH**   **ANTIPASTI**   **STARTER**   **SNACK**

## Ingredients

- 0.5 cup lite asian sesame dressing toasted kraft
- 8 cups baby spinach leaves packed
- 1 cup matchlike carrot sticks thin
- 0.5 cup chow mein noodles
- 1 green onion thinly sliced
- 1 bell pepper red cut into thin strips

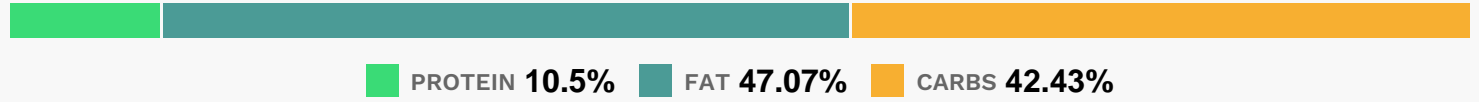
## Equipment

- bowl

## Directions

- Combine first 4 ingredients in large bowl.
- Add noodles and dressing just before serving; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:14.28, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:13.43478246098%

## Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 111.87kcal (5.59%), Fat: 6.02g (9.27%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 10.29g (3.74%), Sugar: 2.49g (2.76%), Cholesterol: 0mg (0%), Sodium: 227.39mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Vitamin K: 127.68µg (121.6%), Vitamin A: 4777.9IU (95.56%), Vitamin C: 22.96mg (27.83%), Folate: 55.23µg (13.81%), Manganese: 0.25mg (12.44%), Vitamin E: 1.39mg (9.28%), Fiber: 1.93g (7.71%), Iron: 1.21mg (6.74%), Potassium: 222.93mg (6.37%), Magnesium: 22.16mg (5.54%), Vitamin B6: 0.1mg (4.99%), Vitamin B2: 0.06mg (3.76%), Calcium: 32.06mg (3.21%), Phosphorus: 24.4mg (2.44%), Vitamin B1: 0.03mg (2.28%), Vitamin B3: 0.42mg (2.11%), Copper: 0.04mg (2%), Zinc: 0.2mg (1.37%)