



Asian-American Slaw With Peanuts and Jalapenos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds cabbage coarsely chopped
- ☐ 2 stalks celery sliced
- ☐ 0.3 cup crunchy peanut butter
- ☐ 1 tablespoon sesame oil dark
- ☐ 0.5 cup dry-roasted peanuts chopped
- ☐ 1.5 teaspoons ginger root fresh minced
- ☐ 2 tablespoons jalapeno minced seeded

- ☐ 2 tablespoons juice of lime
- ☐ 1 onion chopped
- ☐ 1 small bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon sugar white

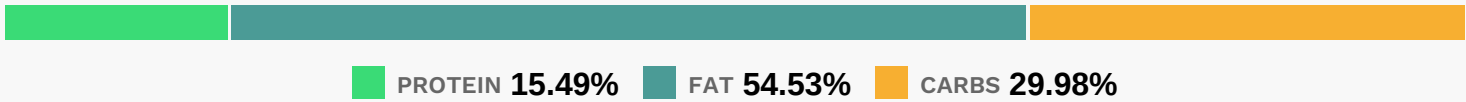
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Toss cabbage, red bell pepper, onion, celery, jalapeno pepper, and fresh ginger in a large salad bowl.
- ☐ Whisk peanut butter, soy sauce, lime juice, sugar, sesame oil, and salt in a separate bowl until dressing is smooth.
- ☐ Pour dressing over slaw and toss to combine.
- ☐ Let stand at least 1 hour; serve sprinkled with chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:44.52, Glycemic Load:3.77, Inflammation Score:-8, Nutrition Score:17.874782624452%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 211.35kcal (10.57%), Fat: 13.9g (21.39%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 11.4g (4.14%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 1027.89mg (44.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.77%), Vitamin K: 92.09µg (87.71%), Vitamin C: 66.52mg (80.62%), Manganese: 0.77mg (38.28%), Fiber: 5.8g (23.22%), Folate: 91.46µg (22.87%), Vitamin B3: 4.17mg (20.85%), Vitamin B6: 0.33mg (16.31%), Magnesium: 61mg (15.25%), Potassium: 494.26mg (14.12%), Phosphorus: 136.45mg (13.65%), Vitamin A: 613.92IU (12.28%), Copper: 0.2mg (9.77%), Vitamin B1: 0.15mg (9.71%), Vitamin E: 1.31mg (8.71%), Iron: 1.37mg (7.62%), Calcium: 76.22mg (7.62%), Vitamin B5: 0.68mg (6.81%), Vitamin B2: 0.11mg (6.42%), Zinc: 0.88mg (5.86%), Selenium: 2.4µg (3.44%)