



Asian Cole Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 2 teaspoons ginger fresh grated
- ☐ 0.5 bell pepper green julienned
- ☐ 3 green onions thinly sliced
- ☐ 0.5 jalapeño chile deveined seeded finely chopped
- ☐ 0.5 head cabbage shredded red
- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons roasted peanuts roughly chopped

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon sesame oil
- ☐ 1 teaspoon soya sauce
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup vegetable oil

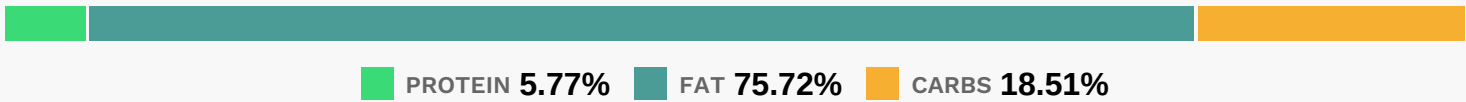
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the vegetable oil, vinegar, sesame oil, ginger, soy sauce and sugar in a medium bowl.
- ☐ Sprinkle with salt and pepper to taste.
- ☐ Mix the onions, cabbage, jalapeno and green pepper in a large bowl. Toss the salad with enough of the dressing to coat.
- ☐ Sprinkle with salt and pepper to taste. The salad can be made 3 hours ahead, covered and chilled. When ready to serve, mix in the cilantro and garnish with the peanuts on top.

Nutrition Facts



Properties

Glycemic Index:80.02, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:14.503912972367%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 224.55kcal (11.23%), Fat: 19.81g (30.47%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 7.65g (2.78%), Sugar: 5.2g (5.78%), Cholesterol: 0mg (0%), Sodium: 136.06mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Vitamin C: 75.58mg (91.62%), Vitamin K: 86.12µg (82.02%), Vitamin A: 1341.33IU (26.83%), Manganese: 0.43mg (21.71%), Vitamin B6: 0.28mg (14.16%), Fiber: 3.24g (12.97%), Potassium: 358.21mg (10.23%), Vitamin E: 1.45mg (9.68%), Folate: 33.36µg (8.34%), Magnesium: 30.04mg (7.51%), Vitamin B3: 1.4mg (6.98%), Iron: 1.2mg (6.67%), Vitamin B1: 0.1mg (6.56%), Calcium: 61.83mg (6.18%), Phosphorus: 60.39mg (6.04%), Vitamin B2: 0.09mg (5.43%), Copper: 0.08mg (3.77%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.26mg (2.6%), Selenium: 1.13µg (1.62%)