



Asian Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 16 oz coleslaw mix shredded (cabbage and carrots)
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 cup orange marmalade
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon sesame oil
- ☐ 1.5 teaspoons ginger grated
- ☐ 1 teaspoon salt

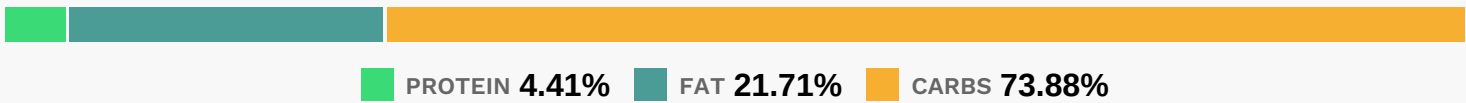
Equipment

☐ bowl

Directions

- ☐ In large bowl, mix all ingredients.
- ☐ Cover and refrigerate at least 30 minutes to blend flavors but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:20.14, Glycemic Load:1.93, Inflammation Score:-2, Nutrition Score:5.2243477948334%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 70.94kcal (3.55%), Fat: 1.82g (2.8%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.34g (4.49%), Sugar: 11.39g (12.66%), Cholesterol: 0mg (0%), Sodium: 309.52mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Vitamin K: 49.8µg (47.43%), Vitamin C: 22.04mg (26.71%), Folate: 27.62µg (6.91%), Fiber: 1.6g (6.4%), Manganese: 0.1mg (5.17%), Vitamin B6: 0.08mg (3.77%), Potassium: 114.51mg (3.27%), Calcium: 30.7mg (3.07%), Vitamin B1: 0.04mg (2.47%), Iron: 0.37mg (2.07%), Magnesium: 8.16mg (2.04%), Vitamin A: 94.99IU (1.9%), Phosphorus: 17.16mg (1.72%), Vitamin B2: 0.03mg (1.7%), Copper: 0.03mg (1.36%), Vitamin B5: 0.13mg (1.25%)