



Asian Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



83 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds sliced
- 1 cup daikon radish chopped
- 0.5 teaspoon sesame oil dark
- 1 cup cilantro leaves fresh loosely packed
- 1 cup spring onion chopped
- 0.3 teaspoon ground pepper red
- 0.8 cup mayonnaise reduced-fat
- 7 cups napa cabbage shredded chinese ()

- 1 cup peas green frozen thawed
- 1 cup cabbage shredded red
- 3 tablespoons sesame seed
- 1 tablespoon soya sauce
- 3 tablespoons citrus champagne vinegar

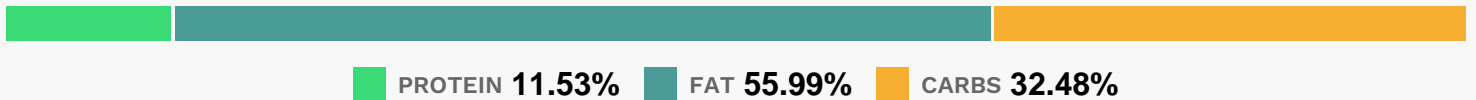
Equipment

- bowl
- whisk

Directions

- Combine first 7 ingredients in a large bowl.
- Combine mayonnaise and next 4 ingredients (through pepper), stirring with a whisk.
- Add mayonnaise mixture to cabbage mixture; toss well to combine.
- Sprinkle with almonds. Cover and chill at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:1.2, Inflammation Score:-6, Nutrition Score:9.0217391615329%

Flavonoids

Cyanidin: 15.61mg, Cyanidin: 15.61mg, Cyanidin: 15.61mg, Cyanidin: 15.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 82.99kcal (4.15%), Fat: 5.41g (8.33%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 4.78g (1.74%), Sugar: 2.66g (2.95%), Cholesterol: 2.24mg (0.75%), Sodium: 210.7mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin K: 53.84µg (51.27%), Vitamin C: 25.13mg (30.47%), Folate: 56.74µg (14.18%), Manganese: 0.28mg (13.93%), Vitamin A: 516.58IU (10.33%), Fiber: 2.28g (9.14%), Vitamin B6: 0.17mg (8.65%), Copper: 0.17mg (8.31%), Calcium: 76.08mg (7.61%), Magnesium: 27.79mg (6.95%), Potassium: 238.14mg (6.8%), Vitamin E: 0.97mg (6.49%), Phosphorus: 60.35mg (6.03%), Vitamin B1: 0.08mg (5.59%), Iron: 1mg (5.54%), Vitamin B2: 0.08mg (4.91%), Vitamin B3: 0.76mg (3.81%), Zinc: 0.56mg (3.7%), Selenium: 1.8µg (2.58%), Vitamin B5: 0.12mg (1.21%)