



WHATSheATE



Asian Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon creamy peanut butter
- ☐ 6 tablespoons vegetable oil
- ☐ 0.5 teaspoon sesame oil dark toasted ()
- ☐ 4 tablespoons seasoned rice vinegar (if seasoned rice vinegar is not available, add a teaspoon of sugar to regular rice vinegar)
- ☐ 8 cups cabbage green thinly sliced (Napa, , purple, or a combination)
- ☐ 1 cup carrots grated
- ☐ 0.5 cup peanuts salted shelled peeled toasted
- ☐ 0.5 cup cilantro leaves fresh chopped

☐ 2 green onions thinly sliced

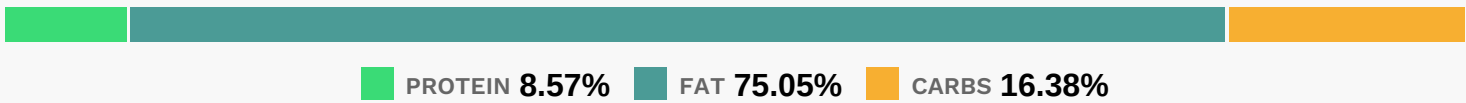
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Place peanut butter in a medium bowl.
- ☐ Add the vegetable oil and the toasted sesame oil and whisk until nicely smooth.
- ☐ Whisk in the seasoned rice vinegar and do a taste test.
- ☐ Depending on how you like your dressing, how salty your peanut butter is, how seasoned your rice vinegar is, you may want to add a little more vinegar, a little more sugar, or a little salt. (Makes about 3/4 cup of dressing.)
- ☐ Toast the peanuts: Although the roasted peanuts from the store may already be cooked, you'll get even better flavor with just a little toasting.
- ☐ Heat a small skillet on medium high heat and add the nuts to the pan. Do not ignore or the nuts can easily burn.
- ☐ Stir a little with a wooden spoon until the peanuts begin to get browned in spots and you can smell the toasting aromas.
- ☐ Remove peanuts from pan to a dish.
- ☐ Toss the salad together: In a large bowl, toss the sliced cabbage, grated carrots, and peanuts together, and any other optional garnishes, such as a little chopped cilantro or green onions.
- ☐ Right before serving, mix in the dressing.

Nutrition Facts



Properties

Glycemic Index:36.47, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:16.640869451606%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 245.12kcal (12.26%), Fat: 21.42g (32.96%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 6.24g (2.27%), Sugar: 4.39g (4.87%), Cholesterol: 0mg (0%), Sodium: 97.11mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11.01%), Vitamin K: 111.23µg (105.93%), Vitamin A: 3785.27IU (75.71%), Vitamin C: 36.53mg (44.28%), Manganese: 0.52mg (26.17%), Fiber: 4.28g (17.13%), Folate: 65.2µg (16.3%), Vitamin B3: 2.64mg (13.18%), Vitamin E: 1.7mg (11.31%), Potassium: 354.59mg (10.13%), Magnesium: 39.96mg (9.99%), Vitamin B6: 0.19mg (9.63%), Phosphorus: 90.4mg (9.04%), Vitamin B1: 0.12mg (7.76%), Copper: 0.13mg (6.3%), Calcium: 62.26mg (6.23%), Iron: 0.91mg (5.08%), Vitamin B5: 0.46mg (4.64%), Vitamin B2: 0.07mg (4.15%), Zinc: 0.55mg (3.69%), Selenium: 1.41µg (2.02%)