



Asian Hot and Sour Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 2 cups bok choy thinly sliced
- ☐ 1 tablespoon canola oil
- ☐ 1 cup carrots shredded
- ☐ 3 cups d cabbage-and-carrot coleslaw
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions thinly sliced 2 large

- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups diagonally snow peas halved
- ☐ 1 tablespoon sugar

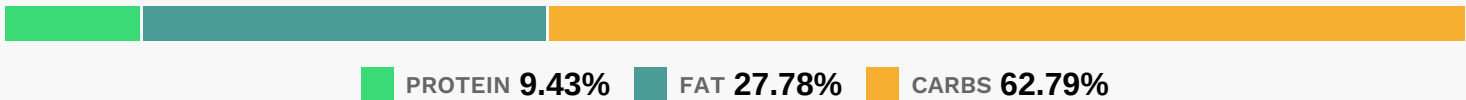
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine vinegar and remaining ingredients in a small bowl; stir with a whisk.
- ☐ Pour vinegar mixture over cabbage mixture; toss well. Cover and chill 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:51.29, Glycemic Load:4.28, Inflammation Score:-10, Nutrition Score:13.486521793448%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 82.6kcal (4.13%), Fat: 2.7g (4.15%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 10.16g (3.7%), Sugar: 7.64g (8.48%), Cholesterol: 0mg (0%), Sodium: 179.47mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin A: 15673.07IU (313.46%), Vitamin K: 47.02µg

(44.78%), Vitamin C: 33.89mg (41.08%), Fiber: 3.55g (14.2%), Manganese: 0.25mg (12.38%), Folate: 48.3µg (12.08%), Potassium: 413.44mg (11.81%), Vitamin B6: 0.22mg (10.89%), Vitamin E: 1.18mg (7.83%), Vitamin B1: 0.11mg (7.35%), Calcium: 71.34mg (7.13%), Iron: 1.11mg (6.18%), Vitamin B3: 1.17mg (5.83%), Magnesium: 23.02mg (5.76%), Phosphorus: 56.65mg (5.66%), Vitamin B2: 0.09mg (5.58%), Vitamin B5: 0.46mg (4.55%), Copper: 0.07mg (3.68%), Zinc: 0.36mg (2.42%)