



Asian Peanut Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

Ingredients

- 1.5 cups bok choy shredded
- 2.5 tablespoons cider vinegar
- 1 teaspoon ginger fresh grated
- 2 tablespoons soya sauce low-sodium
- 1.3 cups cabbage red thinly sliced
- 2.5 tablespoons sugar
- 0.3 cup peanuts unsalted toasted

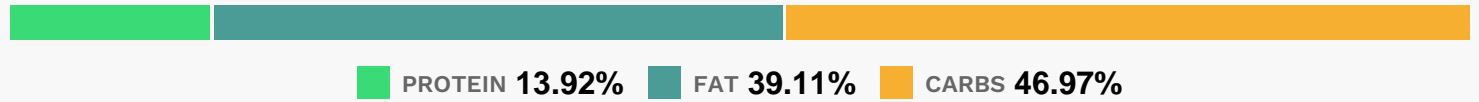
Equipment

- bowl
- whisk
- slotted spoon

Directions

- Combine first 4 ingredients in a small bowl; stir well with a whisk. Set aside.
- Combine peanuts, bok choy, and cabbage in a medium bowl; add dressing, and toss gently to coat.
- Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:5.75, Inflammation Score:-8, Nutrition Score:8.0508695581685%

Flavonoids

Cyanidin: 58.36mg, Cyanidin: 58.36mg, Cyanidin: 58.36mg, Cyanidin: 58.36mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 101.4kcal (5.07%), Fat: 4.68g (7.21%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 10.98g (3.99%), Sugar: 9.39g (10.44%), Cholesterol: 0mg (0%), Sodium: 313.73mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin C: 27.69mg (33.56%), Vitamin A: 1483.24IU (29.66%), Vitamin K: 22.57µg (21.49%), Manganese: 0.36mg (17.91%), Folate: 34.76µg (8.69%), Vitamin B3: 1.66mg (8.28%), Vitamin B6: 0.17mg (8.26%), Magnesium: 31.88mg (7.97%), Fiber: 1.68g (6.72%), Phosphorus: 65.38mg (6.54%), Potassium: 228.82mg (6.54%), Calcium: 48.58mg (4.86%), Vitamin B2: 0.08mg (4.49%), Iron: 0.71mg (3.95%), Vitamin E: 0.54mg (3.59%), Vitamin B1: 0.05mg (3.03%), Zinc: 0.43mg (2.89%), Copper: 0.06mg (2.78%), Vitamin B5: 0.22mg (2.18%), Selenium: 1.24µg (1.78%)