

Asian Pear Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 2 rib celery stalks
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 pears firm cut into 1/4-inch-thick matchsticks
- ☐ 0.5 teaspoon to 5 chilies fresh red hot finely chopped to taste
- ☐ 2 spring onion thinly sliced
- ☐ 2 tablespoons seasoned rice vinegar

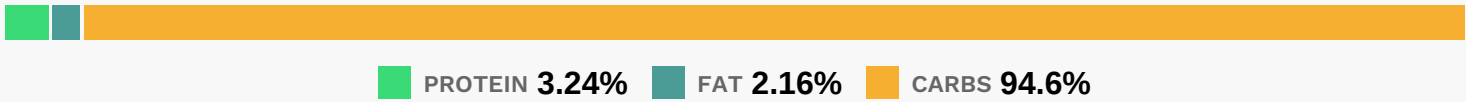
Equipment

- ☐ whisk
- ☐ peeler

Directions

- ☐ Peel strings from celery with a Y-shaped vegetable peeler and cut celery into 1/4-inch-thick matchsticks.
- ☐ Whisk together juice, vinegar, and ginger and stir in celery and remaining ingredients with salt and pepper to taste.
- ☐ Let stand at room temperature 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37.96, Glycemic Load:2.72, Inflammation Score:-2, Nutrition Score:2.2113043471523%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 38.3kcal (1.92%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 8.01g (2.91%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 2.1mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin K: 13.16µg (12.53%), Fiber: 2g (8.01%), Vitamin C: 6.34mg (7.69%), Copper: 0.06mg (2.82%), Potassium: 94.43mg (2.7%), Vitamin A: 108.91IU (2.18%), Manganese: 0.04mg (2.16%), Folate: 8.09µg (2.02%), Magnesium: 5.91mg (1.48%), Vitamin B6: 0.03mg (1.29%), Vitamin B2: 0.02mg (1.26%), Iron: 0.19mg (1.06%), Phosphorus: 10.44mg (1.04%), Calcium: 10.23mg (1.02%)