



Asian Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce coleslaw mix without dressing
- ☐ 0.5 cup salad dressing asian-style
- ☐ 4 servings pkt spinach fresh

Equipment

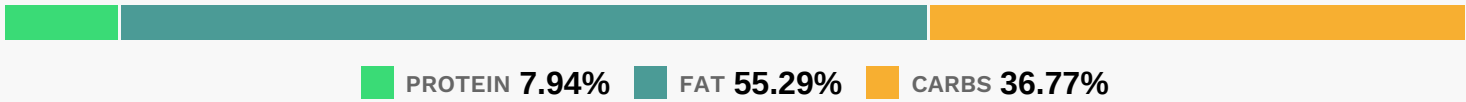
Directions

- ☐ Combine coleslaw mix and salad dressing; toss well.

☐

Serve over fresh spinach.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:14.717826060627%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 98.66kcal (4.93%), Fat: 6.4g (9.85%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 6.79g (2.47%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 330.7mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin K: 225.99µg (215.23%), Vitamin A: 2907.02IU (58.14%), Vitamin C: 39.68mg (48.09%), Folate: 94.77µg (23.69%), Manganese: 0.41mg (20.71%), Fiber: 2.79g (11.14%), Potassium: 336.66mg (9.62%), Vitamin E: 1.38mg (9.2%), Vitamin B6: 0.18mg (9.14%), Magnesium: 35.37mg (8.84%), Iron: 1.29mg (7.16%), Calcium: 67.54mg (6.75%), Vitamin B1: 0.08mg (5.41%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 41.22mg (4.12%), Copper: 0.06mg (3.04%), Vitamin B3: 0.45mg (2.27%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.2mg (2%), Selenium: 1.14µg (1.63%)