



Asian Salad Cups

 Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 24 wonton skins ()
- 1 serving olive oil
- 3 tablespoons butter
- 6 oz japanese ramen noodles crushed (discard seasoning)
- 0.5 cup slivered almonds
- 0.3 cup sunflower seeds
- 1 tablespoon sesame seed
- 1 head cabbage chinese (napa)

- 2 medium spring onion sliced
- 1 cup sugar
- 0.5 cup vinegar
- 2 tablespoons soya sauce
- 0.8 cup vegetable oil

Equipment

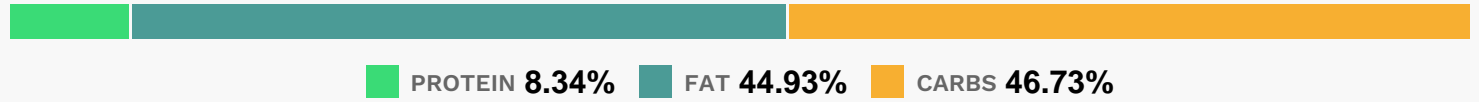
- bowl
- frying pan
- oven
- whisk
- wire rack
- muffin liners

Directions

- Heat oven to 375°F. To make Cups, brush one side of 1 wonton skin with olive oil. With bottom of small drinking glass, press wonton skin, oil side down, into ungreased regular-size muffin cup. Repeat with remaining wonton skins.
- Bake 7 to 10 minutes or until brown.
- Remove from muffin cups to cooling rack.
- In 10-inch skillet, melt butter over medium heat.
- Add ramen noodles, almonds, sunflower nuts and sesame seed; cook, stirring frequently, until brown.
- Remove from skillet to small bowl; cool completely.
- Shred cabbage; place in large bowl.
- Add green onions to cooled noodle mixture; stir.
- Sprinkle over cabbage.
- In small bowl, beat sugar and vinegar with whisk until dissolved. Beat in soy sauce.
- Add oil; beat until well combined.

- Add Dressing to Salad; toss.
- Fill cooled cups with salad.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.46, Glycemic Load:8.5, Inflammation Score:-3, Nutrition Score:5.9043478525203%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 133.01kcal (6.65%), Fat: 6.85g (10.53%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 14.43g (5.25%), Sugar: 9.83g (10.92%), Cholesterol: 0.95mg (0.32%), Sodium: 270.37mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin K: 34.6µg (32.95%), Vitamin C: 14.13mg (17.13%), Vitamin E: 1.49mg (9.92%), Manganese: 0.2mg (9.79%), Vitamin B1: 0.13mg (8.38%), Folate: 29.85µg (7.46%), Fiber: 1.59g (6.38%), Magnesium: 18.91mg (4.73%), Phosphorus: 43.43mg (4.34%), Copper: 0.09mg (4.27%), Vitamin B2: 0.07mg (4.14%), Iron: 0.74mg (4.11%), Vitamin B6: 0.08mg (4.07%), Vitamin B3: 0.66mg (3.29%), Potassium: 111.7mg (3.19%), Calcium: 30.01mg (3%), Selenium: 1.87µg (2.66%), Vitamin A: 114.24IU (2.28%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.13mg (1.34%)