

Asian Slaw

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

Ingredients

- 1 cup bean sprouts
- 1 tablespoon canola oil
- 1 cup fried chow mein noodles crispy plus more for garnish (recommended: La Choy)
- 12 ounces color cole slaw mix fresh (recommended: Express)
- 1 tablespoon sesame oil dark
- 0.3 cup rice vinegar
- 1 tablespoon sesame seed

Equipment

bowl

whisk

Directions

In a large bowl, whisk together rice vinegar, canola oil, sesame oil, and sesame seeds.

Add slaw mix, bean sprouts and fried noodles. Toss to combine.

Place in refrigerator for 15 minutes for flavors to meld.

Serve garnished with additional fried noodles.

Nutrition Facts



PROTEIN 13.44% **FAT 25.99%** **CARBS 60.57%**

Properties

Glycemic Index:32.25, Glycemic Load:1.32, Inflammation Score:-4, Nutrition Score:10.575652013654%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 316.51kcal (15.83%), Fat: 9.18g (14.13%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 48.14g (16.05%), Net Carbohydrates: 42.14g (15.32%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 387.08mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.37%), Vitamin K: 76.19µg (72.56%), Vitamin C: 34.56mg (41.89%), Fiber: 6g (24%), Iron: 2.83mg (15.73%), Folate: 54.37µg (13.59%), Manganese: 0.24mg (12.15%), Vitamin B6: 0.14mg (7.21%), Copper: 0.14mg (7.07%), Vitamin B1: 0.09mg (5.97%), Calcium: 57.86mg (5.79%), Magnesium: 22.85mg (5.71%), Potassium: 193mg (5.51%), Vitamin E: 0.82mg (5.47%), Phosphorus: 49.37mg (4.94%), Vitamin B2: 0.07mg (4.19%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.42mg (2.78%), Vitamin B3: 0.48mg (2.42%), Vitamin A: 88.99IU (1.78%), Selenium: 1.18µg (1.68%)