

Asian Slaw

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients

- 0.5 cup bean sprouts
- 0.5 cup bok choy thinly sliced
- 2 tablespoons brown sugar
- 1 cup carrots julienned
- 1 tablespoon garlic minced
- 3 tablespoons ginger minced
- 0.5 cup cabbage green thinly sliced
- 0.5 cup green onions julienned

- 4 tablespoons white wine
- 1 cup napa cabbage thinly sliced
- 0.3 cup olive oil extra-virgin
- 4 servings peanuts for garnish
- 15 wonton skins
- 0.5 cup bell pepper red thinly sliced
- 0.5 cup onion red thinly sliced
- 0.3 cup rice wine vinegar
- 1 teaspoon sesame oil
- 0.5 cup snap peas julienned
- 5 tablespoons soya sauce

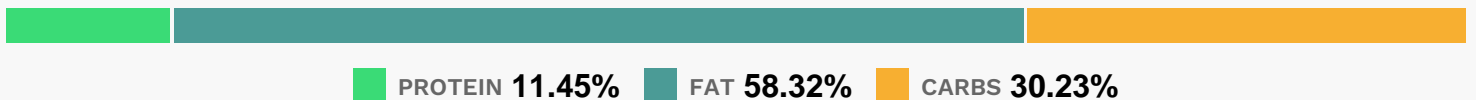
Equipment

- bowl
- sauce pan
- whisk

Directions

- In a small saucepan add 2 tablespoons olive oil, ginger and garlic, lightly saute until lightly brown.
- Add brown sugar, soy sauce, and mirin.
- Saute for 5 minutes and remove from heat. When cool whisk in olive oil, sesame oil and rice wine vinegar.
- Mix all vegetables in a bowl and toss with dressing.
- Garnish with crushed wontons and peanuts.

Nutrition Facts



Properties

Glycemic Index:88.27, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:17.63130435218%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 258.3kcal (12.92%), Fat: 16.52g (25.41%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 15.81g (5.75%), Sugar: 11.58g (12.86%), Cholesterol: 3.56mg (1.19%), Sodium: 1365.9mg (59.39%), Alcohol: 1.54g (100%), Alcohol %: 0.85% (100%), Protein: 7.29g (14.59%), Vitamin A: 6651.98IU (133.04%), Vitamin C: 51.8mg (62.79%), Vitamin K: 65.59µg (62.47%), Manganese: 0.45mg (22.25%), Folate: 71.37µg (17.84%), Vitamin E: 2.66mg (17.71%), Vitamin B6: 0.32mg (16.23%), Fiber: 3.46g (13.84%), Potassium: 435.45mg (12.44%), Vitamin B3: 2.02mg (10.11%), Iron: 1.78mg (9.91%), Magnesium: 37.26mg (9.32%), Phosphorus: 92.56mg (9.26%), Vitamin B2: 0.14mg (8.04%), Vitamin B1: 0.12mg (7.94%), Calcium: 78.31mg (7.83%), Copper: 0.14mg (6.93%), Vitamin B5: 0.51mg (5.07%), Zinc: 0.55mg (3.66%), Selenium: 1.31µg (1.88%)