



HEALTH SCORE

86%

Asian Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 1 large carrots with a peeler grated fine
- ☐ 2 tablespoons chiffonade cilantro
- ☐ 3 inch ginger grated fine
- ☐ 3 green onions
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons chiffonade mint
- ☐ 1 head napa cabbage sliced thin

- ☐ 0.5 cup peanut butter
- ☐ 1 bell pepper red fine
- ☐ 0.5 cup rice wine vinegar
- ☐ 2 serrano chiles minced fine
- ☐ 2 tablespoons sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 1 bell pepper yellow fine

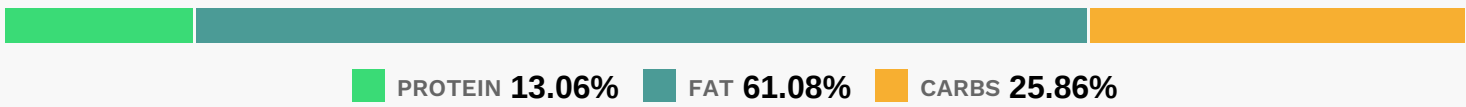
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, or food processor combine ginger, vinegar, soy sauce, lime juice, oil, and peanut butter. In a large bowl, combine all other ingredients and then toss with dressing. You can save some of the dressing to dress noodles that can be added to this dish along with stir fried pork to make an entire meal.

Nutrition Facts



Properties

Glycemic Index:50.14, Glycemic Load:2.35, Inflammation Score:-10, Nutrition Score:22.713043627532%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 222.89kcal (11.14%), Fat: 16.16g (24.86%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 11.1g (4.04%), Sugar: 6.2g (6.88%), Cholesterol: 0mg (0%), Sodium: 285.54mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Vitamin C: 107.26mg (130.01%), Vitamin K: 80.98µg (77.12%), Vitamin A: 3304.14IU (66.08%), Folate: 161.29µg (40.32%), Manganese: 0.75mg (37.66%), Vitamin B6: 0.58mg (29.06%), Vitamin B3: 4.19mg (20.97%), Potassium: 662.77mg (18.94%), Vitamin E: 2.67mg (17.79%), Magnesium: 68.65mg (17.16%), Fiber: 4.29g (17.14%), Calcium: 146.12mg (14.61%), Phosphorus: 141.71mg (14.17%), Copper: 0.2mg (10.22%), Vitamin B2: 0.16mg (9.57%), Vitamin B1: 0.12mg (8.25%), Iron: 1.36mg (7.57%), Zinc: 1.08mg (7.23%), Vitamin B5: 0.56mg (5.56%), Selenium: 2.09µg (2.98%)