



## 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 tri-color cole slaw mix
- ☐ 1 tablespoon sesame oil dark
- ☐ 0.3 cup rice vinegar
- ☐ 1 tablespoon sesame seed

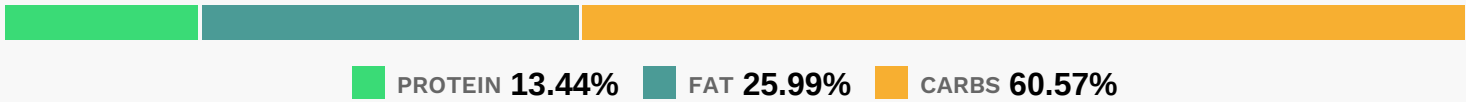
## Equipment

- ☐ 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



## 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%)