



Asian Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



14

CALORIES



67 kcal

SIDE DISH

Ingredients

- 6 cups cabbage shredded chinese (napa)
- 1 cup fennel bulb thinly sliced
- 2 tablespoons parsley fresh chopped
- 1 tablespoon ginger grated
- 3 tablespoons spring onion sliced
- 1 tablespoon honey
- 1 tablespoon juice of lemon
- 1 cup salad dressing

- 1 teaspoon sesame oil
- 2 tablespoons soya sauce
- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when cut into julienne (matchstick-cut) strips (1 1/2 cups)
- 1 tablespoon citrus champagne vinegar

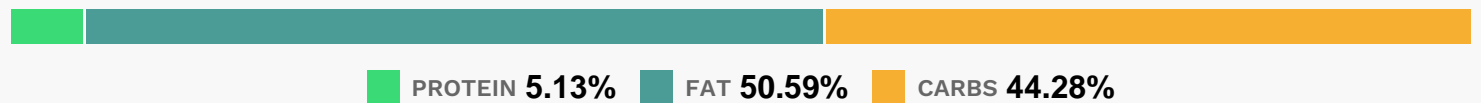
Equipment

- bowl
- whisk

Directions

- In large bowl, stir together cabbage, apple, fennel, onion and parsley.
- In small bowl, stir together remaining ingredients using a whisk; pour over cabbage mixture. Toss gently. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:4.5926087991051%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 66.56kcal (3.33%), Fat: 3.91g (6.01%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 6.35g (2.31%), Sugar: 5.71g (6.35%), Cholesterol: 0mg (0%), Sodium: 319.83mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin K: 48.46µg (46.15%), Vitamin C: 13.85mg (16.78%), Fiber: 1.34g (5.37%), Manganese: 0.09mg (4.42%), Folate: 17.42µg (4.36%), Potassium: 121.28mg (3.47%), Vitamin E: 0.49mg (3.27%), Vitamin B6: 0.06mg (3.21%), Vitamin A: 111.81IU (2.24%), Iron: 0.38mg (2.09%), Calcium: 20.53mg (2.05%), Magnesium: 8.07mg (2.02%), Phosphorus: 19.41mg (1.94%), Vitamin B1: 0.03mg (1.84%), Vitamin B2: 0.02mg (1.4%), Vitamin B3: 0.27mg (1.33%), Copper: 0.02mg (1.19%), Vitamin B5: 0.1mg (1.02%)