



Asian slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

Ingredients



0.5 cabbage shredded white finely



2 carrots grated



1 piece ginger fresh grated peeled



1 to 5 chilies red seeds removed if you like), chopped



2 lime zest



1 tbsp sesame seed toasted



4 servings unrefined sunflower oil



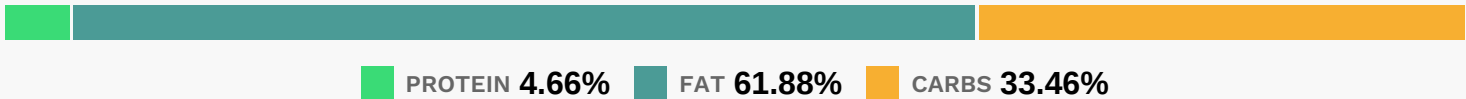
4 servings g muscovado sugar light

Equipment

Directions

☐ Very simply, you just mix the cabbage, carrots, ginger, chilli, lime zest and juice, the sesame seeds and oils with salt, then add a little sugar to taste. It will keep in the fridge for up to a couple of days.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:3.95, Inflammation Score:-10, Nutrition Score:19.900869773782%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 208.68kcal (10.43%), Fat: 15.43g (23.74%), Saturated Fat: 1.6g (10%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 13.68g (4.97%), Sugar: 10.16g (11.29%), Cholesterol: 0mg (0%), Sodium: 44.75mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin A: 5330.61IU (106.61%), Vitamin K: 92.82µg (88.4%), Vitamin C: 69.34mg (84.05%), Vitamin E: 6.28mg (41.9%), Fiber: 5.1g (20.4%), Folate: 62.28µg (15.57%), Manganese: 0.31mg (15.54%), Vitamin B6: 0.28mg (13.82%), Potassium: 384.06mg (10.97%), Calcium: 93.63mg (9.36%), Copper: 0.17mg (8.46%), Vitamin B1: 0.13mg (8.38%), Magnesium: 30.89mg (7.72%), Iron: 1.31mg (7.27%), Phosphorus: 65.96mg (6.6%), Vitamin B2: 0.09mg (5.04%), Vitamin B3: 0.89mg (4.46%), Vitamin B5: 0.43mg (4.29%), Zinc: 0.53mg (3.5%), Selenium: 1.4µg (1.99%)