



Asian Slaw with Roasted Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 1 cup matchstick-cut carrots
- ☐ 3 tablespoons balsamic vinegar
- ☐ 3 tablespoons brown sugar dark
- ☐ 1.5 ounces dry-roasted peanuts coarsely chopped
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1 small jalapeno minced
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 4 cups cabbage shredded red
- ☐ 1 tablespoon sesame oil
- ☐ 1 bell pepper yellow cut into thin strips

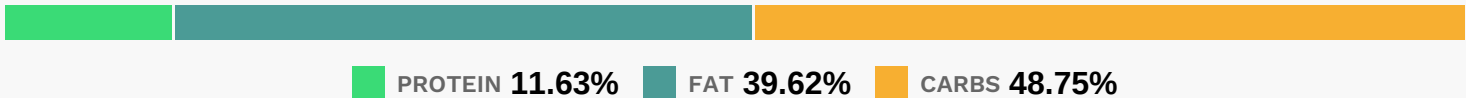
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine jalapeo pepper and next 6 ingredients in a small bowl, stirring with a whisk.
- ☐ Pour dressing mixture over cabbage mixture, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:13.478695449622%

Flavonoids

Cyanidin: 124.5mg, Cyanidin: 124.5mg, Cyanidin: 124.5mg, Cyanidin: 124.5mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 132.19kcal (6.61%), Fat: 6.01g (9.24%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 13.83g (5.03%), Sugar: 10.49g (11.66%), Cholesterol: 0mg (0%), Sodium: 355.61mg (15.46%), Alcohol: 0.51g (100%), Alcohol %: 0.47% (100%), Protein: 3.97g (7.93%), Vitamin C: 73.54mg (89.14%), Vitamin A: 3668.85IU (73.38%), Vitamin K: 25.44µg (24.23%), Manganese: 0.42mg (21.16%), Vitamin B6: 0.23mg (11.28%), Fiber:

2.8g (11.19%), Potassium: 346.91mg (9.91%), Folate: 34.81µg (8.7%), Vitamin B3: 1.74mg (8.68%), Magnesium: 33.86mg (8.46%), Phosphorus: 72.56mg (7.26%), Iron: 1.15mg (6.37%), Copper: 0.11mg (5.5%), Calcium: 53.09mg (5.31%), Vitamin B1: 0.08mg (5.12%), Vitamin B2: 0.08mg (4.78%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.42mg (2.82%), Selenium: 1.27µg (1.81%), Vitamin E: 0.21mg (1.43%)