



## Asian Style Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



88 kcal

SIDE DISH

## Ingredients

- 32 ounce coleslaw mix shredded green red
- 2 tablespoons brown sugar dark
- 2 tablespoons ginger fresh grated (from a 1-inch piece)
- 0.3 cup juice of lemon
- 20 grinds pepper black
- 1 small onion red thinly sliced
- 1 teaspoon salt
- 1 bunch scallions trimmed thinly sliced (6 large)

- 2 teaspoons asian sesame oil
- 2 teaspoons sesame seed
- 0.3 cup soya sauce
- 0.3 cup vegetable oil
- 2 tablespoons vinegar white

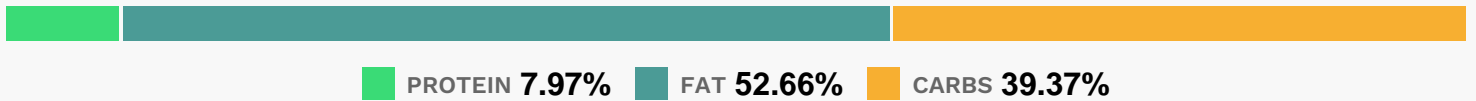
## Equipment

- bowl

## Directions

- Watch how to make this recipe.
- Rough up the scallion slices a little with your fingers so all the little layers of the scallion whites separate. Toss the coleslaw mix or both kinds of cabbage, the red onion and scallions together in a large bowl until everything is thoroughly mixed. You can make the slaw up to this point up to a day in advance as long as you keep it refrigerated. Before serving, simply bring the slaw back to room temperature, make the dressing and toss.
- Stir the remaining ingredients together in a small bowl until blended, then pour over the vegetables.
- Serve within 1 hour of dressing or the cabbage will get wilted and sad.

## Nutrition Facts



## Properties

Glycemic Index:20.83, Glycemic Load:1.6, Inflammation Score:-4, Nutrition Score:8.5834781631179%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

## Nutrients (% of daily need)

Calories: 88.37kcal (4.42%), Fat: 5.54g (8.53%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 6.69g (2.43%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 479.26mg (20.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin K: 72.8µg (69.34%), Vitamin C: 30.75mg (37.27%), Manganese: 0.39mg (19.37%), Fiber: 2.64g (10.54%), Folate: 38.17µg (9.54%), Vitamin B6: 0.13mg (6.41%), Potassium: 194.21mg (5.55%), Calcium: 47.82mg (4.78%), Magnesium: 17.36mg (4.34%), Iron: 0.76mg (4.21%), Vitamin B1: 0.06mg (4.02%), Vitamin E: 0.54mg (3.57%), Phosphorus: 35.06mg (3.51%), Copper: 0.07mg (3.33%), Vitamin B2: 0.05mg (2.74%), Vitamin B5: 0.23mg (2.26%), Vitamin B3: 0.44mg (2.19%), Vitamin A: 103.66IU (2.07%), Zinc: 0.23mg (1.56%)