

Asian Tossed Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups the of 1 cos lettuce shredded
- ☐ 1.5 cups coleslaw mix shredded (from 16-oz bag) (cabbage and carrots)
- ☐ 1 cup sugar snap peas fresh trimmed
- ☐ 0.5 cup carrots shredded
- ☐ 0.3 cup onion red very thinly sliced
- ☐ 0.3 cup salad dressing
- ☐ 0.3 cup salad dressing chinese
- ☐ 1 tablespoon honey

☐ 2 tablespoons slivered almonds

Equipment

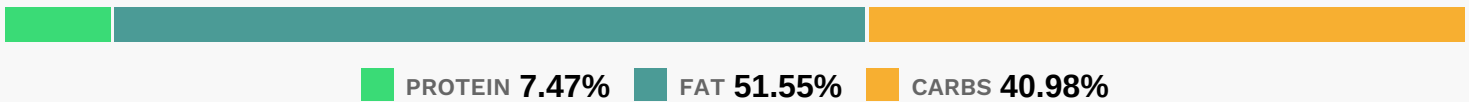
☐ bowl

☐ whisk

Directions

- ☐ In large bowl, mix lettuce, coleslaw mix, peas, carrots and onion. In small bowl, mix mayonnaise, salad dressing and honey with wire whisk until smooth.
- ☐ Add dressing mixture to salad; toss to mix.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:12.915652057399%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 119.05kcal (5.95%), Fat: 7.14g (10.98%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 10.14g (3.69%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 249.54mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin A: 4836.88IU (96.74%), Vitamin K: 64.65µg (61.57%), Vitamin C: 22.04mg (26.71%), Folate: 61.41µg (15.35%), Manganese: 0.26mg (12.79%), Vitamin E: 1.77mg (11.8%), Fiber: 2.63g (10.52%), Potassium: 248.44mg (7.1%), Magnesium: 25.57mg (6.39%), Vitamin B6: 0.13mg (6.35%), Iron: 1.06mg (5.9%), Vitamin B2: 0.1mg (5.87%), Vitamin B1: 0.09mg (5.84%), Phosphorus: 54.04mg (5.4%),

Calcium: 46.26mg (4.63%), Copper: 0.09mg (4.45%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.57mg (2.85%),
Zinc: 0.35mg (2.34%), Selenium: 1.03µg (1.48%)