



WHATSheATE



Asian Winter Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce broccoli slaw
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 3 large spring onion thinly sliced
- ☐ 3 tablespoons rice vinegar
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons miso white

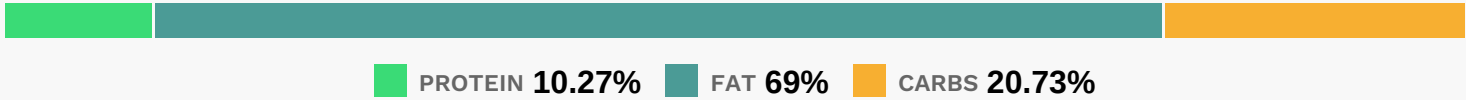
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vinegar, miso, ginger, and oil in small bowl. combine slaw, green onions, and cilantro in large bowl. toss with dressing.
- ☐ Per serving: 90 calories, 7 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:8.1982608073108%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 89.52kcal (4.48%), Fat: 7.3g (11.22%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.41g (1.61%), Sugar: 0.51g (0.56%), Cholesterol: 0mg (0%), Sodium: 176.03mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin C: 54.92mg (66.57%), Vitamin K: 36.28µg (34.55%), Folate: 47.78µg (11.95%), Manganese: 0.19mg (9.55%), Vitamin A: 391.44IU (7.83%), Potassium: 228.03mg (6.52%), Vitamin B6: 0.11mg (5.36%), Vitamin B2: 0.09mg (5.11%), Phosphorus: 48.67mg (4.87%), Magnesium: 18.79mg (4.7%), Iron: 0.77mg (4.28%), Vitamin E: 0.64mg (4.24%), Calcium: 37.56mg (3.76%), Vitamin B5: 0.33mg (3.32%), Vitamin B1: 0.05mg (3.14%), Selenium: 2.1µg (3%), Copper: 0.06mg (2.79%), Zinc: 0.38mg (2.54%), Vitamin B3: 0.47mg (2.34%), Fiber: 0.52g (2.08%)