



## Bok Choy and Pineapple Salad with Peanut Dressing

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 pounds baby bok choy
- 2 medium carrots peeled halved lengthwise thinly sliced
- 1 teaspoon ginger/garlic paste
- 2 teaspoons t brown sugar dark packed
- 0.5 medium cucumber english thinly sliced quartered
- 2 teaspoons fish sauce
- 1 cup cilantro leaves fresh coarsely chopped

- 1 medium garlic clove smashed
- 2 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 2.5 cups pineapple fresh (from)
- 0.5 cup roasted peanuts salted coarsely chopped
- 2 medium spring onion light white green thinly sliced ( and parts only)
- 0.3 cup creamy peanut butter (no added sugar or salt)
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil

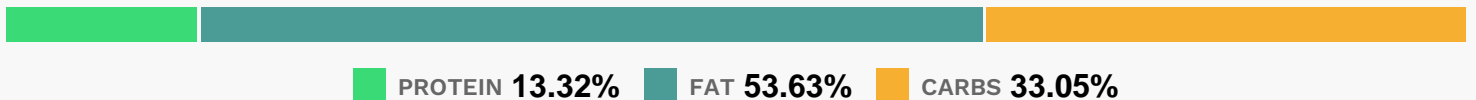
## Equipment

- bowl

## Directions

- Cut the bok choy in half lengthwise, rinse it, and dry it.
- Cut the leaves crosswise into 1-inch-wide ribbons, cut the stalks crosswise into 1/4-inch pieces, and transfer both to a large bowl.
- Add the remaining ingredients, drizzle with the dressing, and toss to combine.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:32.31, Glycemic Load:4.41, Inflammation Score:-10, Nutrition Score:17.770869684932%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## Nutrients (% of daily need)

Calories: 191.72kcal (9.59%), Fat: 12.14g (18.68%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 13.03g (4.74%), Sugar: 9.37g (10.42%), Cholesterol: 0mg (0%), Sodium: 530.39mg (23.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.57%), Vitamin A: 7817.97IU (156.36%), Vitamin C: 79.79mg (96.72%), Manganese: 0.91mg (45.31%), Vitamin K: 25.73µg (24.5%), Calcium: 161.3mg (16.13%), Vitamin B3: 3.13mg (15.64%), Fiber: 3.8g (15.2%), Magnesium: 45.75mg (11.44%), Folate: 37.55µg (9.39%), Copper: 0.18mg (9.22%), Iron: 1.65mg (9.16%), Vitamin B6: 0.18mg (8.99%), Phosphorus: 87.01mg (8.7%), Potassium: 293.21mg (8.38%), Vitamin E: 1.21mg (8.06%), Vitamin B1: 0.11mg (7.01%), Vitamin B5: 0.46mg (4.57%), Vitamin B2: 0.07mg (4.13%), Zinc: 0.59mg (3.9%), Selenium: 1.51µg (2.16%)