



 **58%**  
HEALTH SCORE

## Bok Choy and Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



8 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 cups napa cabbage sliced
- 3 plum tomatoes
- 0.3 cup sesame soy and ginger vinaigrette fat-free toasted
- 1 small baby squash yellow chopped

### Equipment

### Directions

Combine 4 cups sliced bok choy or napa cabbage, 3 plum tomatoes, chopped, and 1 small yellow squash, chopped.

Drizzle with 1/4 cup fat-free toasted sesame soy and ginger vinaigrette; toss.

## Nutrition Facts

**PROTEIN 15.23%** **FAT 50.81%** **CARBS 33.96%**

### Properties

Glycemic Index:34.25, Glycemic Load:1.56, Inflammation Score:-7, Nutrition Score:12.366956348005%

### Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

### Nutrients (% of daily need)

Calories: 78.97kcal (3.95%), Fat: 4.95g (7.62%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 4.55g (1.65%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 10.79mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 31.91mg (38.67%), Vitamin K: 37.16µg (35.39%), Manganese: 0.48mg (23.98%), Copper: 0.45mg (22.63%), Folate: 84.66µg (21.17%), Vitamin B6: 0.35mg (17.59%), Calcium: 159mg (15.9%), Vitamin A: 688.87IU (13.78%), Magnesium: 52.92mg (13.23%), Potassium: 412.25mg (11.78%), Fiber: 2.9g (11.6%), Phosphorus: 103.38mg (10.34%), Iron: 1.83mg (10.16%), Vitamin B1: 0.14mg (9.06%), Zinc: 1.07mg (7.11%), Vitamin B2: 0.11mg (6.58%), Vitamin B3: 1.15mg (5.74%), Selenium: 3.74µg (5.34%), Vitamin E: 0.4mg (2.67%), Vitamin B5: 0.17mg (1.72%)