



Bok Choy Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bok choy shredded
- ☐ 0.3 cup cider vinegar
- ☐ 6 green onions chopped
- ☐ 0.3 cup olive oil
- ☐ 6 ounce ramen noodle soup mix
- ☐ 3 tablespoons slivered almonds chopped
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 cup sugar

☐ 0.5 cup sunflower seeds

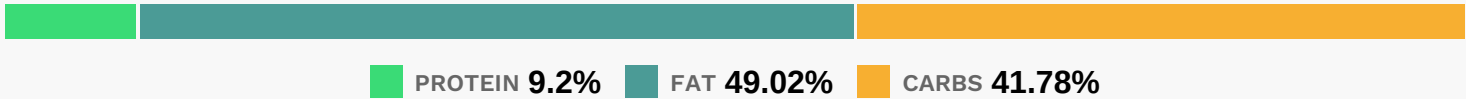
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Remove flavor packets from soup mix; reserve for another use. Crumble noodles.
- ☐ Combine noodles, sunflower seeds, and almonds.
- ☐ Spread on a 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 8 to 10 minutes or until golden brown; set aside.
- ☐ Bring sugar and next 3 ingredients to a boil in a saucepan over medium heat.
- ☐ Remove from heat; cool.
- ☐ Place bok choy and green onions in a large bowl.
- ☐ Drizzle with sugar mixture.
- ☐ Add ramen noodle mixture, tossing well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:15.26, Inflammation Score:-10, Nutrition Score:21.977826019992%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg 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: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 4.68mg, Kaempferol: 4.68mg, Kaempferol: 4.68mg, Kaempferol: 4.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 291.92kcal (14.6%), Fat: 16.53g (25.42%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 28.69g (10.43%), Sugar: 14.75g (16.38%), Cholesterol: 0mg (0%), Sodium: 755.38mg (32.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.95%), Vitamin A: 4787.91IU (95.76%), Vitamin K: 71.68µg (68.27%), Vitamin C: 49.12mg (59.54%), Vitamin E: 5.34mg (35.62%), Folate: 120.56µg (30.14%), Manganese: 0.58mg (28.94%), Vitamin B1: 0.4mg (26.67%), Vitamin B6: 0.35mg (17.72%), Magnesium: 66.16mg (16.54%), Phosphorus: 147.24mg (14.72%), Iron: 2.57mg (14.28%), Calcium: 141.13mg (14.11%), Copper: 0.26mg (13.17%), Vitamin B2: 0.22mg (12.79%), Vitamin B3: 2.45mg (12.26%), Potassium: 424.32mg (12.12%), Fiber: 3g (11.99%), Selenium: 7.42µg (10.59%), Zinc: 0.97mg (6.5%), Vitamin B5: 0.29mg (2.87%)