



Broccoli Slaw with Oranges and Crunchy Noodles

 Gluten Free  Dairy Free

READY IN



36 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds toasted sliced
- 1 cup broccoli florets finely chopped
- 0.3 cup canola oil
- 0.5 cup carrots grated (1 medium)
- 1 cup celery diagonally sliced
- 1 teaspoon pepper red crushed
- 1 garlic clove crushed

- 0.3 cup spring onion thinly sliced
- 0.1 teaspoon ground ginger
- 1 tablespoon honey
- 1 tablespoon juice of lime fresh
- 0.3 cup soy sauce
- 6 cups napa cabbage chinese thinly sliced ()
- 1 cup orange sections fresh
- 3 ounce suya seasoning mix crumbled toasted (discard seasoning packet)
- 3 tablespoons rice vinegar
- 0.3 cup sunflower seeds unsalted
- 5 ounce water chestnuts whole drained chopped canned

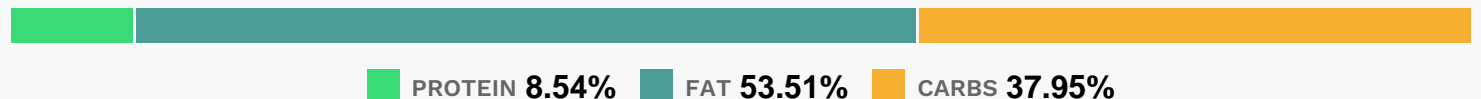
Equipment

- bowl
- whisk

Directions

- To prepare slaw, combine the first 7 ingredients in a large bowl; toss well to combine.
- To prepare dressing, combine soy sauce and next 6 ingredients (through garlic) in a small bowl, stirring with a whisk. Gradually add oil to soy sauce mixture, stirring constantly with a whisk.
- Drizzle dressing over slaw, tossing gently to coat. Top slaw with oranges, almonds, and noodles.

Nutrition Facts



Properties

Glycemic Index:32.05, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:15.412173727284%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 140.43kcal (7.02%), Fat: 9.13g (14.04%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 9.15g (3.33%), Sugar: 4.88g (5.43%), Cholesterol: 0mg (0%), Sodium: 214.34mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Vitamin K: 80.24µg (76.42%), Vitamin C: 26.87mg (32.57%), Manganese: 0.62mg (31.14%), Vitamin E: 4.24mg (28.25%), Vitamin A: 1323.42IU (26.47%), Fiber: 5.42g (21.66%), Iron: 3.36mg (18.65%), Folate: 72.27µg (18.07%), Calcium: 169.82mg (16.98%), Vitamin B6: 0.28mg (14.24%), Magnesium: 48.54mg (12.13%), Potassium: 355.02mg (10.14%), Copper: 0.17mg (8.54%), Vitamin B2: 0.13mg (7.8%), Phosphorus: 74.6mg (7.46%), Vitamin B1: 0.1mg (6.88%), Vitamin B3: 1.12mg (5.59%), Zinc: 0.68mg (4.52%), Selenium: 2.69µg (3.85%), Vitamin B5: 0.31mg (3.12%)