



Cabbage, Cashew, and Fennel Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium carrots cut into thin matchsticks
- ☐ 0.7 cup cashew pieces toasted
- ☐ 1.5 cups fennel bulb thinly sliced
- ☐ 2 tablespoons fish sauce
- ☐ 1 large garlic clove smashed
- ☐ 0.3 cup mint leaves
- ☐ 1 qt cabbage red thinly sliced
- ☐ 1 pinch salt

- ☐ 1 serrano chiles red chopped
- ☐ 1.5 teaspoons sugar divided
- ☐ 5 tablespoons rice vinegar

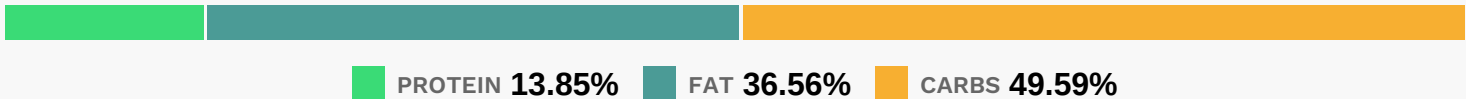
Equipment

- ☐ bowl
- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ Pound chiles, garlic, 1/2 tsp. sugar, and salt into paste in a mortar, or in a blender.
- ☐ Transfer paste to a small bowl and add remaining 1 tsp. sugar, the fish sauce, and rice vinegar.
- ☐ Combine carrot, fennel, cabbage, and mint in a large bowl.
- ☐ Pour dressing over the vegetables, tossing to coat evenly.
- ☐ Sprinkle with cashews just before serving.
- ☐ Make ahead: Up to 2 days, slaw mixture and dressing. Just before serving, combine with nuts.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:16.281739240107%

Flavonoids

Cyanidin: 248.22mg, Cyanidin: 248.22mg, Cyanidin: 248.22mg, Cyanidin: 248.22mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 112.35kcal (5.62%), Fat: 4.98g (7.65%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 11.48g (4.17%), Sugar: 7.12g (7.91%), Cholesterol: 0mg (0%), Sodium: 405.85mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Vitamin C: 70.81mg (85.83%), Vitamin K: 60.2µg (57.33%), Vitamin A: 2683.19IU (53.66%), Manganese: 0.55mg (27.38%), Vitamin B6: 0.34mg (16.92%), Magnesium: 63.36mg (15.84%), Fiber: 3.71g (14.82%), Copper: 0.28mg (13.99%), Potassium: 475.31mg (13.58%), Phosphorus: 112.68mg (11.27%), Iron: 1.93mg (10.72%), Vitamin B1: 0.13mg (8.71%), Folate: 33.92µg (8.48%), Calcium: 74.44mg (7.44%), Zinc: 0.96mg (6.43%), Vitamin B2: 0.1mg (6.17%), Selenium: 3.49µg (4.99%), Vitamin B3: 0.93mg (4.65%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.38mg (2.52%)