



## Cabbage Salad Vinaigrette with Crunchy Noodles

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



16

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 cups peas sweet frozen (from 1-lb bag)
- 0.3 cup spring onion thinly sliced
- 3 oz suya seasoning mix with chicken-flavor seasoning packet instant
- 4.5 oz mushrooms undrained sliced
- 0.5 teaspoon pepper
- 4.5 cups cabbage shredded green red (1 medium head)
- 2 tablespoons sesame seed toasted

- 0.5 cup slivered almonds toasted
- 3 tablespoons sugar
- 0.3 cup tarragon vinegar
- 0.3 cup vegetable oil
- 11 oz corn sweet whole drained canned

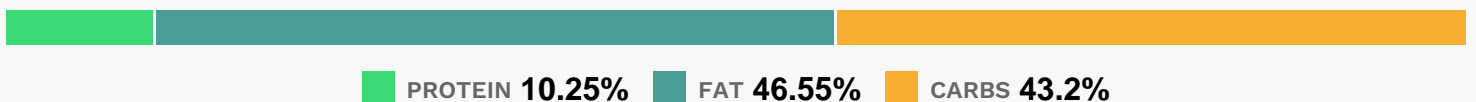
## Equipment

- bowl

## Directions

- Cook peas as directed on bag.
- Drain; cool 10 minutes. In large bowl, mix cooled peas and remaining salad ingredients.
- In small bowl, mix contents of seasoning packet from noodles, vinegar, oil, sugar and pepper until well blended.
- Pour dressing over salad; toss to coat. Refrigerate until chilled, at least 2 hours.
- Break noodles into 3/4-inch pieces. Before serving, stir noodles, almonds and sesame seed into salad.
- Garnish with leaf of red cabbage, if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.15, Glycemic Load:2.62, Inflammation Score:-4, Nutrition Score:10.35347831395%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin:

0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## **Nutrients (% of daily need)**

Calories: 111.78kcal (5.59%), Fat: 6.21g (9.55%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 8.74g (3.18%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 38.31mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin K: 62.06µg (59.1%), Manganese: 0.48mg (24.12%), Fiber: 4.22g (16.86%), Vitamin C: 13.66mg (16.55%), Iron: 2.64mg (14.68%), Vitamin E: 2.18mg (14.51%), Calcium: 117.66mg (11.77%), Folate: 40.71µg (10.18%), Magnesium: 37.25mg (9.31%), Copper: 0.17mg (8.56%), Vitamin B2: 0.13mg (7.77%), Phosphorus: 66.07mg (6.61%), Vitamin B6: 0.13mg (6.26%), Potassium: 217.7mg (6.22%), Vitamin B3: 1.2mg (5.98%), Vitamin B1: 0.08mg (5.53%), Vitamin A: 234.94IU (4.7%), Zinc: 0.64mg (4.24%), Selenium: 1.82µg (2.59%), Vitamin B5: 0.24mg (2.43%)