



Cabbage Salad with Ginger-Soy Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 2 cups carrots grated
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons ginger extract
- ☐ 2 green onions chopped
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 10 large mint leaves thinly sliced

- ☐ 0.3 cup mirin sweet rice wine
- ☐ 0.3 cup rice vinegar
- ☐ 2 cups savoy cabbage chinese thinly sliced

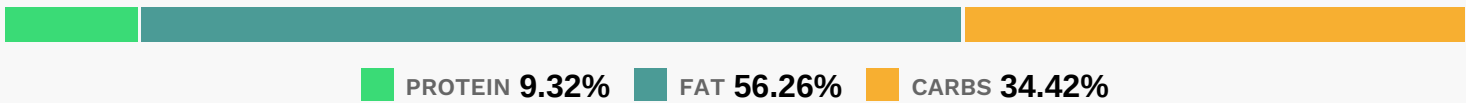
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a small bowl.
- ☐ Combine 1/4 cup dressing with napa cabbage and remaining ingredients, tossing well to coat. Cover mixture, and refrigerate at least 3 hours. Refrigerate remaining dressing, covered, up to two weeks.

Nutrition Facts



Properties

Glycemic Index:51.96, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:12.89217392258%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 146.2kcal (7.31%), Fat: 8.3g (12.77%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 7.98g (2.9%), Sugar: 4.12g (4.57%), Cholesterol: 0mg (0%), Sodium: 630.65mg (27.42%), Alcohol: 2.41g (100%), Alcohol %: 1.79% (100%), Protein: 3.09g (6.19%), Vitamin A: 11208.54IU (224.17%), Vitamin K: 50.28µg (47.89%), Vitamin C: 16.72mg (20.27%), Manganese: 0.3mg (14.84%), Fiber: 3.45g (13.78%), Folate: 54.27µg (13.57%), Vitamin E: 1.83mg (12.2%), Potassium: 392.55mg (11.22%), Vitamin B6: 0.19mg (9.66%), Magnesium: 34.51mg (8.63%), Phosphorus: 70.74mg (7.07%), Vitamin B2: 0.1mg (5.81%), Vitamin B1: 0.08mg (5.3%), Calcium: 51.69mg (5.17%), Vitamin B3: 1.02mg (5.09%), Iron: 0.82mg (4.54%), Copper: 0.08mg (4.19%), Vitamin B5: 0.31mg (3.13%),

Zinc: 0.44mg (2.96%), Selenium: 0.84µg (1.2%)