



Chinese Cabbage Salad

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce almonds sliced
- ☐ 1 cabbage shredded chinese
- ☐ 1 bunch green onions sliced
- ☐ 6 ounce ramen noodle soup mix
- ☐ 6 tablespoons rice wine vinegar
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup sesame seed
- ☐ 0.5 cup vegetable oil

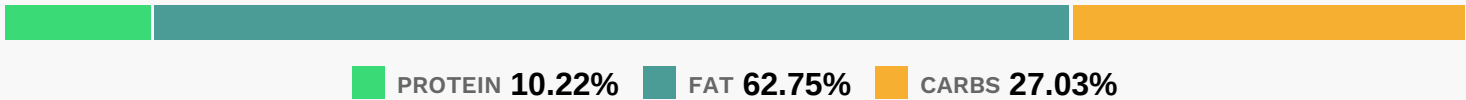
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Remove flavor packets from soup mix, and reserve. Break up ramen noodles, and set aside.
- ☐ Toss together cabbage, green onions, and sesame seeds in a bowl.
- ☐ Whisk together reserved flavor packets, vegetable oil, vinegar, and sesame oil; toss with cabbage mixture. Cover and chill 1 hour.
- ☐ Saut noodles and almonds in a skillet over medium heat or until lightly browned; stir into cabbage mixture.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:7.01, Inflammation Score:-6, Nutrition Score:12.49695643653%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 288.7kcal (14.44%), Fat: 20.84g (32.07%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 16.86g (6.13%), Sugar: 1.19g (1.33%), Cholesterol: 0mg (0%), Sodium: 442.01mg (19.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Manganese: 0.78mg (39.03%), Vitamin E: 5.16mg (34.38%), Copper: 0.48mg (24.06%), Vitamin B1: 0.3mg (19.82%), Magnesium: 75.5mg (18.88%), Folate: 68.39µg (17.1%), Vitamin B2: 0.29mg (16.97%), Phosphorus: 154.9mg (15.49%), Iron: 2.76mg (15.33%), Fiber: 3.34g

(13.34%), Vitamin K: 12.91µg (12.29%), Calcium: 122.71mg (12.27%), Vitamin B3: 2.06mg (10.32%), Zinc: 1.21mg (8.05%), Potassium: 259.29mg (7.41%), Selenium: 4.82µg (6.89%), Vitamin B6: 0.11mg (5.38%), Vitamin A: 217.16IU (4.34%), Vitamin C: 2.87mg (3.48%), Vitamin B5: 0.17mg (1.71%)