



Chinese Cabbage Salad I

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces cashew pieces
- ☐ 0.3 cup cider vinegar
- ☐ 16 ounce coleslaw mix shredded
- ☐ 1 bunch green onions chopped
- ☐ 3 ounce japanese ramen noodles crushed
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup sugar white

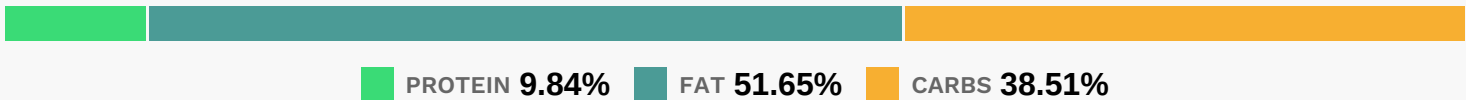
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ In a preheated 350 degree F oven (175 degree C), toast the crushed noodles and nuts until golden brown.
- ☐ In a large bowl, combine the coleslaw, green onions, toasted ramen noodles and cashews.
- ☐ To prepare the dressing, whisk together the sugar, oil, vinegar and soy sauce.
- ☐ Pour the dressing over the salad, toss and serve.

Nutrition Facts



Properties

Glycemic Index:22.77, Glycemic Load:10.06, Inflammation Score:-4, Nutrition Score:10.389565164628%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 221.72kcal (11.09%), Fat: 13.35g (20.54%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 20.44g (7.43%), Sugar: 11.13g (12.36%), Cholesterol: 0mg (0%), Sodium: 238.38mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.45%), Vitamin K: 44.67µg (42.54%), Copper: 0.54mg (27.14%), Manganese: 0.51mg (25.53%), Magnesium: 76.4mg (19.1%), Vitamin C: 14.35mg (17.39%), Phosphorus: 161.44mg (16.14%), Vitamin B1: 0.2mg (13.19%), Iron: 2.12mg (11.78%), Zinc: 1.51mg (10.07%), Selenium: 5.6µg (8%), Folate: 31.72µg (7.93%), Fiber: 1.95g (7.81%), Vitamin B6: 0.16mg (7.79%), Potassium: 245.37mg (7.01%), Vitamin E: 0.54mg (3.57%), Vitamin B3: 0.7mg (3.49%), Vitamin B5: 0.31mg (3.11%), Vitamin B2: 0.05mg (3.1%), Calcium: 28.09mg (2.81%), Vitamin A: 57.83IU (1.16%)