



Chinese Cabbage Salad with Sesame Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup carrots shredded
- 0.1 teaspoon pepper red crushed
- 0.3 cup bell pepper green chopped
- 0.3 cup jicama chopped
- 8 oz napa cabbage shredded chinese finely ()
- 1 teaspoon sesame oil
- 2 teaspoons sesame seed toasted
- 2 teaspoons soya sauce

- 2 teaspoons sugar
- 3 tablespoons citrus champagne vinegar

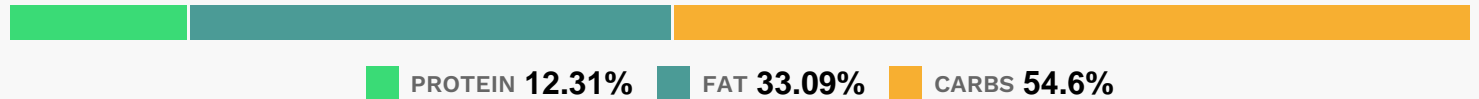
Equipment

- bowl

Directions

- In tightly covered container, shake all dressing ingredients.
- In medium glass or plastic bowl, toss salad ingredients and dressing. Cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:55.98, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:7.1334783305293%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 43.69kcal (2.18%), Fat: 1.67g (2.57%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.58g (1.66%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 180.86mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin A: 1571.57IU (31.43%), Vitamin C: 24.97mg (30.26%), Vitamin K: 26.3µg (25.04%), Folate: 49.75µg (12.44%), Vitamin B6: 0.18mg (9.1%), Manganese: 0.18mg (9.06%), Fiber: 1.62g (6.5%), Calcium: 59.46mg (5.95%), Potassium: 205.71mg (5.88%), Copper: 0.08mg (4.04%), Magnesium: 15.49mg (3.87%), Phosphorus: 33.85mg (3.38%), Iron: 0.56mg (3.11%), Vitamin B1: 0.04mg (2.98%), Vitamin B2: 0.05mg (2.7%), Vitamin B3: 0.54mg (2.69%), Zinc: 0.27mg (1.81%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.11mg (1.14%), Selenium: 0.8µg (1.14%)