



## Chinese Cabbage Slaw

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

### Ingredients

- 0.3 cup almonds sliced
- 1 head bok choy shredded
- 2 tablespoons butter
- 1 bunch green onions diced
- 1 teaspoon pepper
- 6 tablespoons rice wine vinegar
- 1 teaspoon salt
- 0.3 cup sesame oil

- 0.3 cup sesame seed
- 0.3 cup sugar
- 0.5 cup vegetable oil

## Equipment

- bowl
- frying pan

## Directions

- Place bok choy and green onions in a large bowl.
- Melt butter in a skillet.
- Add almonds and sesame seeds; saut mixture over medium-high heat 5 minutes or until lightly browned.
- Drain and cool slightly.
- Add to bok choy mixture.
- Stir together oils and remaining ingredients. Toss with bok choy mixture.
- Serve immediately.

## Nutrition Facts



**PROTEIN 6.18%** **FAT 72.77%** **CARBS 21.05%**

## Properties

Glycemic Index:57.27, Glycemic Load:9.32, Inflammation Score:-10, Nutrition Score:27.185652209041%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 9.2mg, Kaempferol: 9.2mg, Kaempferol: 9.2mg, Kaempferol: 9.2mg

Kaempferol: 9.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

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

Calories: 388.88kcal (19.44%), Fat: 32.72g (50.34%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 17.09g (6.22%), Sugar: 15.38g (17.09%), Cholesterol: 0mg (0%), Sodium: 786.63mg (34.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Vitamin A: 9696.65IU (193.93%), Vitamin C: 95.64mg (115.93%), Vitamin K: 120.66µg (114.92%), Manganese: 0.78mg (39.22%), Folate: 154.22µg (38.55%), Calcium: 337.93mg (33.79%), Copper: 0.5mg (25.02%), Vitamin B6: 0.5mg (24.75%), Magnesium: 90.85mg (22.71%), Iron: 3.41mg (18.97%), Potassium: 642.22mg (18.35%), Vitamin E: 2.58mg (17.17%), Phosphorus: 169.91mg (16.99%), Fiber: 4.21g (16.83%), Vitamin B2: 0.25mg (14.49%), Vitamin B1: 0.17mg (11.63%), Zinc: 1.34mg (8.93%), Vitamin B3: 1.72mg (8.6%), Selenium: 4.77µg (6.81%), Vitamin B5: 0.23mg (2.34%)