



WHATSheATE



Chunky Asian Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.3 cup green onions diagonally sliced (2)
- ☐ 1 tablespoon hoisin sauce
- ☐ 4 cups coarsely napa cabbage shredded chinese ()
- ☐ 0.3 cup bell pepper red thinly sliced
- ☐ 2 tablespoons rice vinegar
- ☐ 1 cup sugar snap peas trimmed halved
- ☐ 2 tablespoons peanuts unsalted chopped

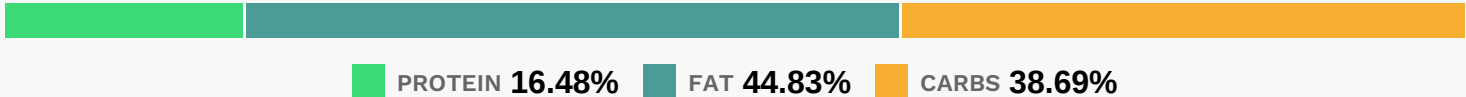
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine vinegar, hoisin sauce, and oil, stirring well.
- ☐ Pour vinegar mixture over cabbage mixture; toss well.
- ☐ Serve immediately, or cover and chill.
- ☐ Sprinkle with peanuts just before serving.
- ☐ carbo rating: 5

Nutrition Facts



Properties

Glycemic Index:29.2, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:9.6634783330171%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 68.59kcal (3.43%), Fat: 3.65g (5.61%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.34g (3.71%), Cholesterol: 0.1mg (0.03%), Sodium: 59.78mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin C: 41.84mg (50.72%), Vitamin K: 41.89µg (39.9%), Folate: 70.51µg (17.63%), Manganese: 0.32mg (15.87%), Vitamin A: 767.45IU (15.35%), Vitamin B6: 0.23mg (11.7%), Fiber: 2.16g (8.66%), Potassium: 260.1mg (7.43%), Vitamin B3: 1.37mg (6.87%), Magnesium: 26.16mg (6.54%), Calcium: 64.38mg (6.44%), Phosphorus: 55.4mg (5.54%), Vitamin B1: 0.07mg (4.73%), Iron: 0.84mg (4.67%), Vitamin B2: 0.08mg (4.54%), Vitamin E: 0.64mg (4.27%), Copper: 0.07mg (3.65%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.41mg (2.75%), Selenium: 1.18µg (1.69%)