



HEALTH SCORE

79%

Crispy Asian Slaw



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 small carrots
- ☐ 2 pounds napa cabbage
- ☐ 4 ounces snow pea pods fresh
- ☐ 3 ounce ramen noodle soup mix
- ☐ 6 servings sesame-soy vinaigrette
- ☐ 1 tablespoon sesame seed

Equipment

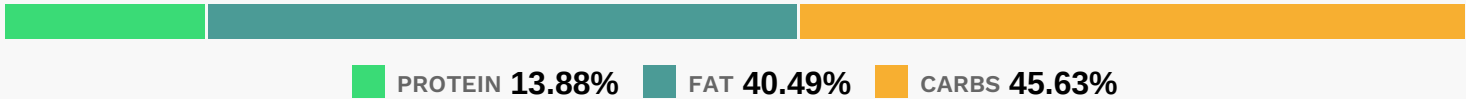
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Remove flavor packet from soup mix and reserve for another use; crumble noodles.
- ☐ Place noodles and sesame seeds on a baking sheet.
- ☐ Bake at 350, stirring occasionally, 4 to 5 minutes or until toasted.
- ☐ Cut cabbage, carrot, and snow peas into thin strips; place in a bowl.
- ☐ Drizzle with Sesame-Soy Vinaigrette, tossing gently to coat.
- ☐ Sprinkle with noodles and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:5.7, Inflammation Score:-9, Nutrition Score:19.659565109274%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 150.83kcal (7.54%), Fat: 7.21g (11.09%), Saturated Fat: 1.79g (11.22%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 14.32g (5.21%), Sugar: 3.53g (3.93%), Cholesterol: 0mg (0%), Sodium: 309.74mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin K: 71.5µg (68.09%), Vitamin C: 52.7mg (63.88%), Vitamin A: 2080.96IU (41.62%), Folate: 154.04µg (38.51%), Manganese: 0.65mg (32.31%), Copper: 0.48mg (23.94%), Vitamin B6: 0.48mg (23.93%), Calcium: 222.41mg (22.24%), Vitamin B1: 0.31mg (20.93%), Fiber: 3.97g (15.87%), Iron: 2.81mg (15.63%), Magnesium: 61.21mg (15.3%), Potassium: 493.37mg (14.1%), Phosphorus: 132.36mg (13.24%), Vitamin B2: 0.16mg (9.14%), Vitamin B3: 1.8mg (9%), Zinc: 1.26mg (8.42%), Selenium: 5.68µg (8.11%), Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.55mg (3.65%)