



Crunchy Asian Broccoli Coleslaw

 Dairy Free

READY IN



15 min.

SERVINGS



9

CALORIES



211 kcal

SIDE DISH

Ingredients

- 0.5 cup planters almonds toasted sliced
- 24 oz broccoli slaw
- 4 green onions sliced
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 6 oz ramen noodle soup mix
- 0.5 cup planters roasted sunflower kernels dry

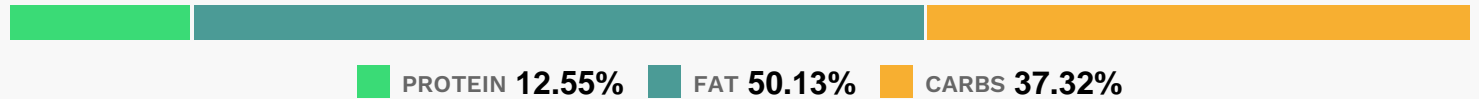
Equipment

- bowl

Directions

- Mix dressing with Seasoning Packet from 1 soup mix package. Discard remaining seasoning packet or reserve for another use.
- Break Noodles apart; place in large bowl.
- Add slaw, onions, sunflower kernels and nuts; mix lightly.
- Add dressing mixture; mix lightly.

Nutrition Facts



Properties

Glycemic Index:9.89, Glycemic Load:5.56, Inflammation Score:-7, Nutrition Score:15.70782589135%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg 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 Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 210.6kcal (10.53%), Fat: 12.38g (19.05%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 18.73g (6.81%), Sugar: 2.29g (2.54%), Cholesterol: 0mg (0%), Sodium: 590.73mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin C: 71.65mg (86.85%), Vitamin E: 4.63mg (30.89%), Manganese: 0.55mg (27.68%), Folate: 98.24µg (24.56%), Vitamin B1: 0.28mg (18.91%), Vitamin K: 19.66µg (18.72%), Phosphorus: 186.33mg (18.63%), Selenium: 10.53µg (15.04%), Vitamin B2: 0.22mg (13.09%), Copper: 0.26mg (13.09%), Magnesium: 48.29mg (12.07%), Iron: 2.05mg (11.37%), Potassium: 378.9mg (10.83%), Vitamin B6: 0.21mg (10.73%), Vitamin B5: 1.01mg (10.05%), Vitamin B3: 1.79mg (8.97%), Fiber: 2.01g (8.03%), Vitamin A: 363.26IU (7.27%), Zinc: 1.04mg (6.95%), Calcium: 67.58mg (6.76%)