



Crunchy Asian cabbage & prawn salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g cabbage chinese
- ☐ 175 g z cabbage white
- ☐ 2 celery stalks
- ☐ 2 carrots
- ☐ 1 small handful mint leaves chopped
- ☐ 1 small handful coriander chopped
- ☐ 200 g prawn cooked peeled
- ☐ 4 tbsp roasted peanut chopped

- ☐ 1 small chillies red sliced
- ☐ 1 garlic clove crushed
- ☐ 2 tbsp caster sugar
- ☐ 2 tbsp rice vinegar
- ☐ 3 tbsp juice of lime
- ☐ 3 tbsp fish sauce

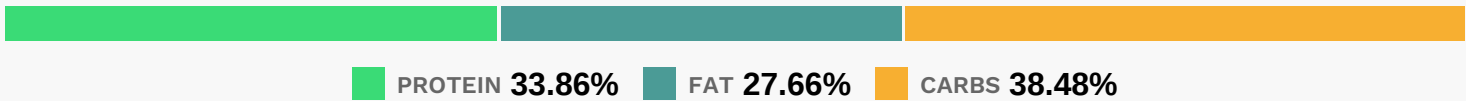
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grater

Directions

- ☐ Shred the cabbages, celery and carrot finely on a mandolin or grate them on the largest holes on a grater.
- ☐ Add the mint and coriander to the vegetables along with the prawns. Toss everything together.
- ☐ Make the dressing by whisking all the ingredients together. Dress the salad and tip it into a bowl, sprinkle over the peanuts and serve straight away.

Nutrition Facts



Properties

Glycemic Index:99.04, Glycemic Load:6.78, Inflammation Score:-10, Nutrition Score:17.900869499082%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 169.25kcal (8.46%), Fat: 5.54g (8.52%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 14.07g (5.12%), Sugar: 10.16g (11.29%), Cholesterol: 80.5mg (26.83%), Sodium: 1161.19mg (50.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.51%), Vitamin A: 5535.93IU (110.72%), Vitamin C: 40.3mg (48.85%), Vitamin K: 42.62µg (40.59%), Manganese: 0.61mg (30.52%), Folate: 88.58µg (22.15%), Copper: 0.4mg (20.06%), Magnesium: 78.86mg (19.72%), Phosphorus: 190.22mg (19.02%), Potassium: 540.39mg (15.44%), Vitamin B6: 0.28mg (14.12%), Vitamin B3: 2.79mg (13.97%), Fiber: 3.27g (13.07%), Calcium: 103.01mg (10.3%), Iron: 1.73mg (9.62%), Vitamin B1: 0.13mg (8.89%), Zinc: 1.22mg (8.1%), Vitamin B2: 0.09mg (5.34%), Vitamin B5: 0.45mg (4.46%), Selenium: 2.62µg (3.75%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.06µg (1.08%)