



Crunchy Asian Salad

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup planters almonds toasted sliced
- 32 oz coleslaw blend (cabbage slaw mix)
- 4 green onions sliced
- 6 oz ramen noodle soup mix
- 0.7 oz env. seasons dressing mix italian good
- 0.5 cup planters roasted sunflower kernels dry
- 2 Tbsp lite soy sauce
- 0.5 cup sugar

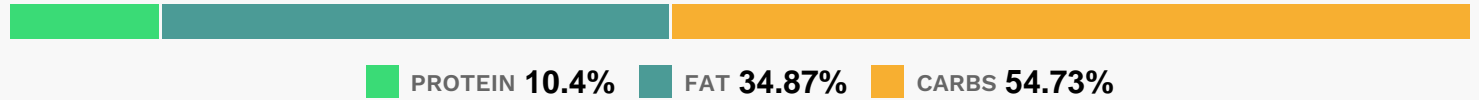
Equipment

bowl

Directions

- Prepare dressing mix in small bowl as directed on envelope. Stir in sugar and soy sauce.
- Break Noodles apart; place in large bowl. Discard Seasoning Packets or reserve for another use.
- Add coleslaw blend, onions, sunflower kernels and nuts to noodles; mix lightly.
- Add dressing; toss to evenly coat noodle mixture.

Nutrition Facts



Properties

Glycemic Index:14.54, Glycemic Load:8.88, Inflammation Score:-4, Nutrition Score:9.7930434929288%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 140.77kcal (7.04%), Fat: 5.7g (8.77%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 17.4g (6.33%), Sugar: 9.16g (10.17%), Cholesterol: 0mg (0%), Sodium: 508.65mg (22.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Vitamin K: 53.37µg (50.83%), Vitamin C: 22.82mg (27.66%), Vitamin E: 2.7mg (18%), Manganese: 0.33mg (16.74%), Folate: 53.18µg (13.29%), Vitamin B1: 0.18mg (11.83%), Fiber: 2.74g (10.94%), Phosphorus: 99.53mg (9.95%), Copper: 0.15mg (7.52%), Selenium: 5.04µg (7.2%), Vitamin B6: 0.13mg (6.57%), Iron: 1.15mg (6.41%), Vitamin B2: 0.11mg (6.39%), Magnesium: 25.46mg (6.37%), Potassium: 181.38mg (5.18%), Vitamin B3: 1.01mg (5.07%), Vitamin B5: 0.5mg (4.98%), Calcium: 42.5mg (4.25%),

Zinc: 0.56mg (3.73%), Vitamin A: 92.97IU (1.86%)