



## Crunchy Asian Salad

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



176 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

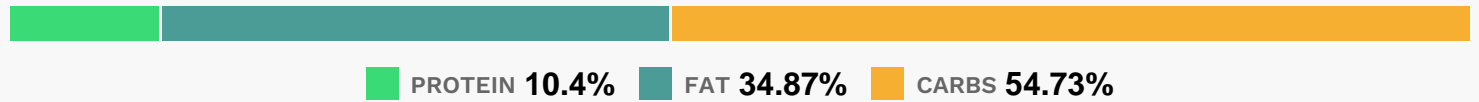
# Equipment

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:18.17, Glycemic Load:11.1, Inflammation Score:-4, Nutrition Score:12.242174047491%

# Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

# Nutrients (% of daily need)

Calories: 175.96kcal (8.8%), Fat: 7.13g (10.96%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 21.75g (7.91%), Sugar: 11.44g (12.72%), Cholesterol: 0mg (0%), Sodium: 635.81mg (27.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.57%), Vitamin K: 66.72µg (63.54%), Vitamin C: 28.53mg (34.58%), Vitamin E: 3.37mg (22.5%), Manganese: 0.42mg (20.93%), Folate: 66.47µg (16.62%), Vitamin B1: 0.22mg (14.79%), Fiber: 3.42g (13.68%), Phosphorus: 124.41mg (12.44%), Copper: 0.19mg (9.4%), Selenium: 6.3µg (9%), Vitamin B6: 0.16mg (8.22%), Iron: 1.44mg (8.01%), Vitamin B2: 0.14mg (7.99%), Magnesium: 31.83mg (7.96%), Potassium: 226.72mg (6.48%), Vitamin B3: 1.27mg (6.33%), Vitamin B5: 0.62mg (6.22%), Calcium: 53.12mg (5.31%),

Zinc: 0.7mg (4.66%), Vitamin A: 116.21IU (2.32%)