



## Crunchy Bok Choy Salad

READY IN



30 min.

SERVINGS



12

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 head bok choy chopped
- 0.3 cup butter melted
- 9 ounce ramen noodles broken into pieces for another use (flavor packet saved )
- 0.3 cup red wine vinegar
- 0.5 cup slivered almonds
- 3 tablespoons soya sauce
- 0.5 cup sunflower seeds
- 0.5 onion sweet chopped
- 0.5 cup vegetable oil

0.5 cup sugar white

## Equipment

bowl

baking sheet

oven

whisk

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place ramen noodles, sunflower seeds, and almonds on a baking sheet.

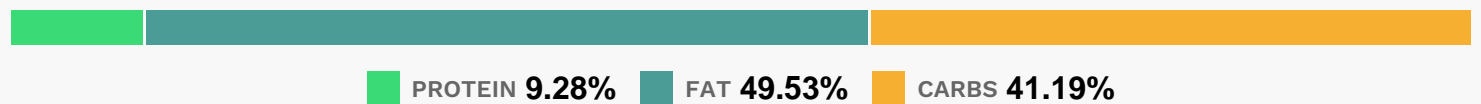
Drizzle butter over the ramen noodle mixture and toss to coat.

Toast the ramen noodle mixture in the preheated oven until lightly browned and fragrant, stirring occasionally to avoid burning, about 8 minutes. Set aside to cool.

Whisk sugar, vegetable oil, vinegar, and soy sauce together in a small bowl for the dressing.

Place bok choy, onion, and toasted ramen noodle mixture in a large bowl. Toss with dressing until well coated.

## Nutrition Facts



## Properties

Glycemic Index:17.67, Glycemic Load:12.13, Inflammation Score:-9, Nutrition Score:15.652608643407%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg

Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

## **Nutrients (% of daily need)**

Calories: 250.57kcal (12.53%), Fat: 14.28g (21.96%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 24.32g (8.84%), Sugar: 10.59g (11.77%), Cholesterol: 10.17mg (3.39%), Sodium: 762.31mg (33.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin A: 3251.31IU (65.03%), Vitamin C: 32.33mg (39.19%), Vitamin K: 36.78µg (35.02%), Vitamin E: 3.76mg (25.07%), Manganese: 0.47mg (23.28%), Vitamin B1: 0.35mg (23.15%), Folate: 89µg (22.25%), Vitamin B6: 0.26mg (13.13%), Magnesium: 51.82mg (12.96%), Phosphorus: 120.8mg (12.08%), Iron: 2.04mg (11.35%), Vitamin B2: 0.19mg (11.06%), Copper: 0.21mg (10.67%), Vitamin B3: 2.05mg (10.22%), Calcium: 101.3mg (10.13%), Fiber: 2.39g (9.57%), Potassium: 312.65mg (8.93%), Selenium: 5.82µg (8.32%), Zinc: 0.78mg (5.18%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.06µg (1.02%)