



Crunchy Bok Choy Salad

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bell pepper strips red very thin
- ☐ 3 cups bok choy thinly sliced
- ☐ 0.5 cup carrots shredded
- ☐ 3 tablespoons cider vinegar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 cup dry-roasted peanuts unsalted
- ☐ 0.3 cup diagonally cut green onions

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 teaspoons peanut butter
- ☐ 3 ounce japanese ramen noodles
- ☐ 2 tablespoons sugar

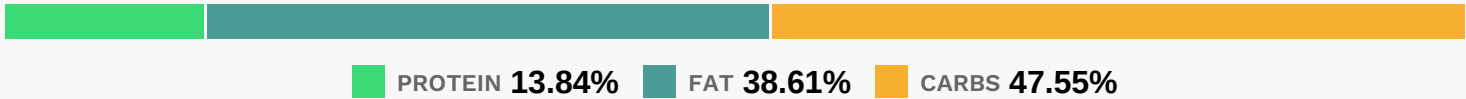
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 6 ingredients in a large bowl; stir well with a whisk.
- ☐ To prepare the salad, crumble noodles; discard seasoning packet.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add peanuts; saute for 4 minutes or until browned.
- ☐ Remove from heat.
- ☐ Combine crumbled noodles, peanuts, bok choy, and the remaining ingredients in a large bowl.
- ☐ Drizzle dressing over salad; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.69, Glycemic Load:4.6, Inflammation Score:-9, Nutrition Score:8.51391303928%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 91.18kcal (4.56%), Fat: 4.09g (6.29%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 9.88g (3.59%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 388.81mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Vitamin A: 2515.74IU (50.31%), Vitamin C: 29.41mg (35.64%), Vitamin K: 16.95µg (16.14%), Manganese: 0.25mg (12.61%), Folate: 41.4µg (10.35%), Vitamin B1: 0.13mg (8.38%), Vitamin B3: 1.5mg (7.48%), Vitamin B6: 0.13mg (6.41%), Fiber: 1.45g (5.79%), Magnesium: 21.7mg (5.43%), Potassium: 187.06mg (5.34%), Phosphorus: 53.31mg (5.33%), Iron: 0.85mg (4.74%), Vitamin B2: 0.07mg (4.35%), Vitamin E: 0.65mg (4.3%), Calcium: 36.33mg (3.63%), Copper: 0.06mg (3.09%), Zinc: 0.33mg (2.23%), Selenium: 1.4µg (2%), Vitamin B5: 0.19mg (1.92%)