



Easy Asian Cabbage Salad

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 oz japanese ramen noodles
- 4 cups coleslaw mix (from 16 oz bag)
- 1 cup carrots shredded ()
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup spring onion sliced
- 0.7 cup sesame-ginger dressing with ginger dressing
- 0.5 cup peanuts chopped

Equipment

bowl

Directions

- In large bowl, place noodles from soup mix; break into small pieces. Discard seasoning packet or reserve for another use.
- Add coleslaw mix, carrots, cilantro, onions and dressing; toss to mix.
- Sprinkle with peanuts.

Nutrition Facts

 **PROTEIN 8.95%**  **FAT 65.37%**  **CARBS 25.68%**

Properties

Glycemic Index:27.01, Glycemic Load:4.22, Inflammation Score:-9, Nutrition Score:11.194782575835%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 207.45kcal (10.37%), Fat: 15.69g (24.14%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 11.1g (4.04%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 445.1mg (19.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Vitamin A: 2802.56IU (56.05%), Vitamin K: 51.68µg (49.22%), Manganese: 0.38mg (19.14%), Vitamin C: 14.75mg (17.88%), Folate: 55.08µg (13.77%), Vitamin B1: 0.21mg (13.71%), Fiber: 2.77g (11.08%), Vitamin B3: 2.16mg (10.78%), Vitamin E: 1.4mg (9.33%), Phosphorus: 72.33mg (7.23%), Potassium: 245.3mg (7.01%), Magnesium: 26.73mg (6.68%), Iron: 1.19mg (6.63%), Copper: 0.12mg (5.97%), Vitamin B6: 0.11mg (5.5%), Vitamin B2: 0.07mg (3.97%), Calcium: 39.44mg (3.94%), Vitamin B5: 0.32mg (3.16%), Selenium: 2.21µg (3.15%), Zinc: 0.43mg (2.84%)