



Edamame and Scallion Slaw with Orange Lime Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 1 pound edamame salted boiled shelled drained for 3 to 5 minutes and
- ☐ 1 juice of lime juiced
- ☐ 2 juice of orange juiced
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 bunch scallions thinly sliced (6)

- ☐ 2 pound slaw mix prepared
- ☐ 1 tablespoon whole-grain dijon mustard

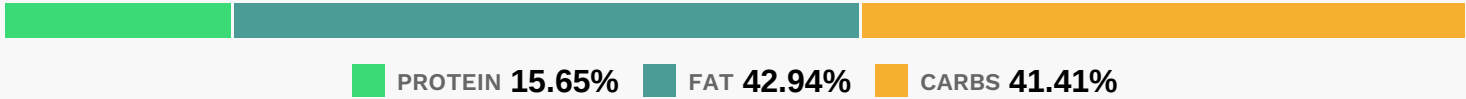
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ Combine dressing ingredients in a bowl and whisk to combine.
- ☐ Combine slaw, edamame and scallions in a serving bowl. Toss with dressing and serve.
- ☐ If not serving immediately, cover salad with a moist paper towel or clean kitchen towel and refrigerate until ready to serve. Dress salad just before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:16.860434920891%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 10.65mg, Hesperetin: 10.65mg, Hesperetin: 10.65mg, Hesperetin: 10.65mg Naringenin: 3.33mg, Naringenin: 3.33mg, Naringenin: 3.33mg, Naringenin: 3.33mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 237.17kcal (11.86%), Fat: 11.84g (18.22%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 17.6g (6.4%), Sugar: 11.06g (12.29%), Cholesterol: 0mg (0%), Sodium: 250.29mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.43%), Vitamin K: 128.68µg (122.55%), Vitamin C: 85.21mg (103.28%), Fiber: 8.1g (32.4%), Folate: 84.12µg (21.03%), Potassium: 698.44mg (19.96%), Iron: 2.99mg (16.61%), Calcium: 148.53mg (14.85%), Manganese: 0.28mg (13.8%), Vitamin B6: 0.23mg (11.52%), Vitamin E: 1.63mg (10.9%),

Vitamin B1: 0.13mg (8.81%), Magnesium: 25.88mg (6.47%), Vitamin A: 307.6IU (6.15%), Phosphorus: 55.32mg (5.53%), Vitamin B2: 0.09mg (5.29%), Vitamin B5: 0.46mg (4.59%), Vitamin B3: 0.59mg (2.97%), Copper: 0.05mg (2.7%), Zinc: 0.35mg (2.31%), Selenium: 1.33µg (1.9%)