



Frozen Asian Cabbage Salad

 Dairy Free

READY IN



505 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 ounces japanese ramen noodles (any flavor)
- 0.5 cup slivered almonds
- 2 tablespoons butter
- 0.8 cup sugar
- 0.5 cup apple cider vinegar
- 1 tablespoon soya sauce
- 1 teaspoon sesame oil
- 16 ounces coleslaw mix

- 0.5 cup bell pepper green red chopped
- 2 tablespoons spring onion chopped
- 1 teaspoon ground ginger grated

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Break block of ramen noodles into 10-inch skillet (reserve seasoning packet for another use).
- Add almonds and butter. Cook over medium heat, stirring frequently, until butter is melted and almonds and noodles are light brown; cool.
- Heat sugar, vinegar and soy sauce to boiling in 2-quart saucepan, stirring frequently. Boil and stir 1 minute; remove from heat. Stir in sesame oil.
- Mix coleslaw mix, bell pepper, onions and gingerroot in large bowl.
- Pour vinegar mixture over coleslaw mixture; toss to coat.
- Place in freezer bag or container; seal bag or cover container tightly.
- Place noodle mixture in freezer bag; seal bag. Freeze coleslaw and noodle mixtures at least 8 hours or up to 1 week.
- Thaw coleslaw mixture in refrigerator 30 minutes.
- Sprinkle with frozen noodle mixture.
- Serve salad when slightly frozen.
- Serve within 8 hours before salad becomes limp.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:22.87, Inflammation Score:-5, Nutrition Score:12.628260910511%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 278.73kcal (13.94%), Fat: 11.33g (17.43%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 37.9g (13.78%), Sugar: 28.47g (31.63%), Cholesterol: 0mg (0%), Sodium: 515.91mg (22.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin K: 63.42µg (60.4%), Vitamin C: 38.08mg (46.16%), Manganese: 0.59mg (29.64%), Vitamin E: 2.84mg (18.95%), Vitamin B1: 0.22mg (14.73%), Fiber: 3.68g (14.7%), Folate: 55.64µg (13.91%), Vitamin B2: 0.19mg (10.95%), Magnesium: 41.32mg (10.33%), Phosphorus: 90.16mg (9.02%), Iron: 1.52mg (8.44%), Potassium: 274.87mg (7.85%), Vitamin B6: 0.16mg (7.8%), Copper: 0.15mg (7.53%), Calcium: 65.27mg (6.53%), Vitamin B3: 1.3mg (6.52%), Vitamin A: 308.79IU (6.18%), Zinc: 0.6mg (3.98%), Selenium: 2.41µg (3.44%), Vitamin B5: 0.27mg (2.72%)