

Fugii Salad

READY IN



20 min.

SERVINGS



8

CALORIES



338 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup blanched slivered almonds
- 2 tablespoons butter
- 1 medium head cabbage chopped
- 8 green onion chopped
- 0.3 teaspoon ground pepper black
- 6 ounce japanese ramen noodles
- 0.3 cup rice wine vinegar
- 2 teaspoons salt
- 0.5 cup sesame seed

0.5 cup vegetable oil

0.5 cup sugar white

Equipment

bowl

frying pan

Directions

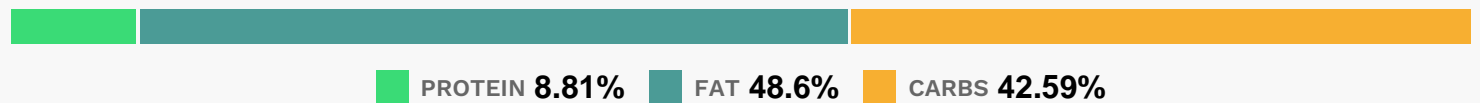
In a skillet over low heat, melt the butter or margarine; add the almonds and sesame seeds. Cook until lightly toasted.

In a large bowl, combine the cabbage, onions, almonds, sesame seeds and broken uncooked ramen noodles.

Wisk together the oil, sugar, vinegar, pepper and salt.

Pour over salad, toss, and serve.

Nutrition Facts



Properties

Glycemic Index:45.01, Glycemic Load:17.06, Inflammation Score:-7, Nutrition Score:20.042608603187%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 337.75kcal (16.89%), Fat: 19.04g (29.29%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 31.77g (11.55%), Sugar: 17.22g (19.14%), Cholesterol: 7.53mg (2.51%), Sodium: 1062.43mg (46.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.53%), Vitamin K: 117.67µg (112.07%), Vitamin C: 43.86mg (53.16%), Manganese: 0.74mg (37%), Copper: 0.56mg (27.9%), Vitamin B1: 0.39mg (25.89%), Folate: 94.68µg (23.67%), Fiber: 5.76g (23.05%), Vitamin E: 3.29mg (21.93%), Magnesium: 81.25mg (20.31%), Iron: 3.28mg (18.23%), Calcium: 177.75mg (17.77%), Phosphorus: 168.29mg (16.83%), Vitamin B6: 0.25mg (12.63%), Vitamin B2: 0.21mg (12.29%), Potassium: 376.98mg (10.77%), Vitamin B3: 1.98mg (9.88%), Zinc: 1.47mg (9.78%), Selenium: 6.26µg (8.94%), Vitamin A: 322.78IU (6.46%), Vitamin B5: 0.35mg (3.5%)