



Ginger-Snow Pea Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

Ingredients

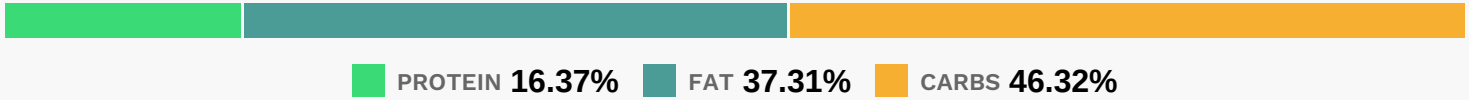
- ☐ 0.3 cup roasted almonds chopped
- ☐ 0.3 cup bottled sesame-ginger dressing
- ☐ 1 carrots shredded
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 green onions sliced
- ☐ 4 cups napa cabbage thinly sliced (1 head)
- ☐ 2 cups snow peas fresh trimmed cut into thin strips

Equipment

Directions

☐ Toss together cabbage, snow peas, sesame-ginger dressing, almonds, green onions, carrot, and cilantro.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:8.9908695842909%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 54.73kcal (2.74%), Fat: 2.46g (3.78%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 4.68g (1.7%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 11.78mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin A: 1716.02IU (34.32%), Vitamin C: 26.79mg (32.47%), Vitamin K: 33.22µg (31.64%), Manganese: 0.28mg (13.77%), Folate: 47.78µg (11.95%), Vitamin E: 1.39mg (9.26%), Fiber: 2.18g (8.73%), Vitamin B6: 0.16mg (8.14%), Magnesium: 28.98mg (7.24%), Potassium: 250.71mg (7.16%), Vitamin B2: 0.1mg (5.95%), Calcium: 59.25mg (5.92%), Copper: 0.11mg (5.44%), Phosphorus: 53.26mg (5.33%), Iron: 0.94mg (5.25%), Vitamin B1: 0.07mg (4.75%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.36mg (2.42%)