



Healthified Crunchy Asian Salad

 Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 oz almonds sliced
- ☐ 2 cups baby spinach fresh coarsely chopped
- ☐ 0.3 cup canola oil
- ☐ 16 oz coleslaw mix shredded (cabbage and carrots)
- ☐ 0.5 cup spring onion sliced
- ☐ 1.5 cups cranberry-orange relish seedless peeled coarsely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 3 oz japanese ramen noodles (any flavor)

- ☐ 1 medium bell pepper red cut into 1x1/8-inch strips
- ☐ 0.3 cup rice vinegar
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar

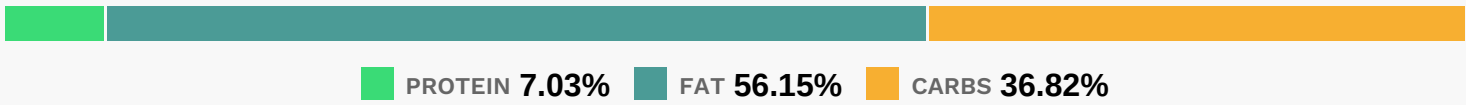
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In large bowl, beat dressing ingredients with wire whisk until sugar is dissolved and mixture is well blended.
- ☐ Break up ramen noodles in bag before opening. Discard seasoning packet from soup package.
- ☐ Add noodles and all remaining salad ingredients except oranges and spinach to dressing; toss to mix well. Stir in oranges and spinach.
- ☐ Serve immediately or refrigerate up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:26.11, Glycemic Load:4.67, Inflammation Score:-6, Nutrition Score:8.7800001314153%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin:

0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 121.11kcal (6.06%), Fat: 7.86g (12.09%), Saturated Fat: 0.96g (6%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 9.44g (3.43%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 241.36mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin K: 53.57µg (51.02%), Vitamin C: 32.57mg (39.47%), Vitamin E: 2.23mg (14.85%), Vitamin A: 727.92IU (14.56%), Manganese: 0.23mg (11.49%), Folate: 40.03µg (10.01%), Fiber: 2.15g (8.6%), Vitamin B1: 0.11mg (7.3%), Vitamin B2: 0.09mg (5.57%), Magnesium: 21.89mg (5.47%), Potassium: 171.17mg (4.89%), Vitamin B6: 0.09mg (4.58%), Phosphorus: 40.9mg (4.09%), Iron: 0.73mg (4.06%), Calcium: 38.75mg (3.88%), Copper: 0.07mg (3.67%), Vitamin B3: 0.61mg (3.07%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.17mg (1.74%), Selenium: 1.02µg (1.45%)