



Japanese-Style Cabbage Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup almond slivers
- ☐ 1 teaspoon pepper black
- ☐ 0.5 large head cabbage shredded cored
- ☐ 1 bunch green onions thinly sliced
- ☐ 3 tablespoons rice vinegar
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sesame oil
- ☐ 0.3 cup sesame seed toasted

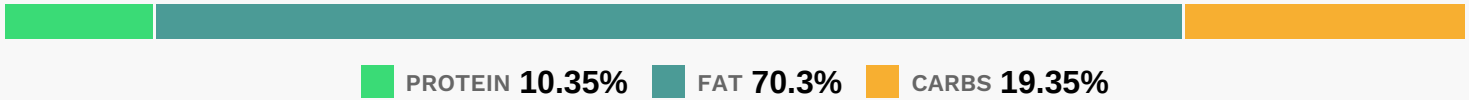
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together sesame oil, vinegar, garlic, ginger, sugar, salt, and pepper in a small bowl until the sugar has dissolved. Toss the cabbage, green onions, almonds, and sesame seeds in a large bowl with the dressing until well coated.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:8.7173914028251%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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 Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 115.73kcal (5.79%), Fat: 9.6g (14.78%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.11g (2.35%), Cholesterol: 0mg (0%), Sodium: 204.02mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin K: 44.41µg (42.29%), Vitamin C: 19.41mg (23.52%), Manganese: 0.39mg (19.64%), Vitamin E: 2.45mg (16.34%), Copper: 0.23mg (11.72%), Fiber: 2.89g (11.55%), Magnesium: 42.24mg (10.56%), Vitamin B2: 0.13mg (7.82%), Calcium: 78.02mg (7.8%), Phosphorus: 77.63mg (7.76%), Folate: 30.66µg (7.66%), Iron: 1.08mg (6.01%), Vitamin B6: 0.1mg (5.16%), Vitamin B1: 0.08mg (5.08%), Potassium: 176.85mg (5.05%), Zinc: 0.63mg (4.18%), Vitamin B3: 0.6mg (3%), Selenium: 1.64µg (2.34%), Vitamin B5: 0.16mg (1.58%), Vitamin A: 72.18IU (1.44%)