



Japanese-Style Quick-Pickled Slaw



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 1 large carrots peeled cut into matchstick-size strips
- ☐ 1 medium cucumber peeled seeded cut into matchstick-size strips
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon brown sugar
- ☐ 4 cups napa cabbage thinly sliced
- ☐ 2 tablespoons sesame oil
- ☐ 1 bell pepper red cut into matchstick-size strips
- ☐ 0.5 cup rice vinegar

- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon thai fish sauce (nam pla)

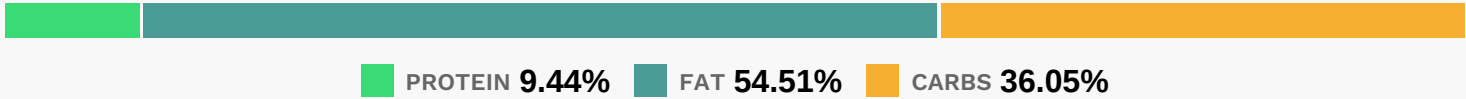
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk first 6 ingredients in medium saucepan. Bring to boil; pour into large bowl.
- ☐ Add cucumber, carrot and red bell pepper. Cool. (Can be made 4 hours ahead. Cover; let stand at room temperature.)
- ☐ Add cabbage to vegetable mixture; toss to blend. Season to taste with salt.
- ☐ *Sold at Asian markets and in the Asian foods section of many supermarkets.

Nutrition Facts



Properties

Glycemic Index:34.31, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:9.843912999915%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 80.46kcal (4.02%), Fat: 4.93g (7.58%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.76g (5.29%), Cholesterol: 0mg (0%), Sodium: 586.1mg (25.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin A: 2811.3IU (56.23%), Vitamin C: 40.92mg (49.6%), Vitamin K: 27.34µg (26.04%), Folate: 58.88µg (14.72%), Vitamin B6: 0.24mg (11.77%), Manganese: 0.21mg (10.63%), Potassium: 275.68mg (7.88%), Fiber: 1.67g (6.67%), Magnesium: 22.97mg (5.74%), Calcium: 54.66mg (5.47%), Vitamin B3: 0.84mg (4.22%), Vitamin B2: 0.07mg (4.04%), Phosphorus: 40.42mg (4.04%), Vitamin B1: 0.05mg

(3.56%), Vitamin E: 0.53mg (3.55%), Copper: 0.07mg (3.26%), Iron: 0.55mg (3.03%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.29mg (1.94%), Selenium: 0.83µg (1.18%)