



Lawn Mower Salad

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 12 ounce broccoli coleslaw mix
- 0.5 cup canola oil
- 1 bunch green onions sliced
- 6 ounce chicken-flavored ramen noodles crushed
- 1 cup roasted cashews
- 0.3 cup roasted sunflower seed kernels
- 0.3 cup water

0.5 cup sugar white

Equipment

bowl

whisk

Directions

Whisk canola oil, sugar, water, balsamic vinegar, and seasoning packets from ramen noodles in a bowl until thoroughly combined and sugar and seasoning packets have dissolved.

Toss ramen noodles in a large salad bowl with broccoli slaw mix and green onions.

Pour dressing over the salad and let stand 1/2 hour to 4 hours – shorter for crunchier noodles, longer for softer ones. Just before serving, toss salad again with cashews and sunflower seeds.

Nutrition Facts



PROTEIN 8.78% **FAT 46.02%** **CARBS 45.2%**

Properties

Glycemic Index:33.18, Glycemic Load:20.74, Inflammation Score:-7, Nutrition Score:17.273478140002%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 411.64kcal (20.58%), Fat: 21.9g (33.7%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 46.37g (16.86%), Sugar: 20.08g (22.31%), Cholesterol: 0mg (0%), Sodium: 641.13mg (27.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.82%), Vitamin C: 53.74mg (65.14%), Copper: 0.69mg (34.6%), Manganese: 0.6mg (29.95%), Vitamin B1: 0.39mg (26.3%), Folate: 103.77µg (25.94%), Phosphorus: 250.61mg (25.06%), Vitamin E: 3.36mg (22.38%), Magnesium: 89.38mg (22.34%), Vitamin K: 20.66µg (19.67%), Iron: 3.39mg (18.84%), Selenium: 11.73µg (16.76%), Zinc: 2.07mg (13.77%), Vitamin B2: 0.21mg (12.28%), Potassium: 414.47mg (11.84%), Vitamin B6: 0.22mg (11.01%), Vitamin B5: 1.05mg (10.53%), Vitamin B3: 2.09mg (10.46%), Fiber: 2.04g (8.15%), Calcium: 56.82mg (5.68%), Vitamin A: 270.58IU (5.41%), Vitamin B12: 0.07µg (1.18%)