



## Layered Asian Salad

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup asian sesame dressing toasted kraft
- 1 cup carrots shredded
- 0.3 cup creamy peanut butter
- 4 green onions sliced
- 1 cup pea pods
- 3 cups cabbage shredded red
- 0.5 cup planters lightly roasted peanuts salted dry chopped
- 4 cups romaine lettuce loosely packed chopped

1 tsp sriracha sauce hot ( chili sauce)

## Equipment

bowl

whisk

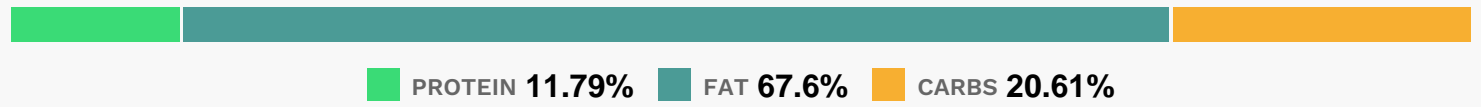
## Directions

Whisk dressing, peanut butter and Sriracha sauce until blended; spread onto bottom of clear 2-1/2-qt. bowl.

Cover with layers of remaining ingredients.

Toss salad with dressing mixture just before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.24, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:6.4217392413513%

## Flavonoids

Cyanidin: 28.01mg, Cyanidin: 28.01mg, Cyanidin: 28.01mg, Cyanidin: 28.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 79.29kcal (3.96%), Fat: 6.34g (9.76%), Saturated Fat: 1g (6.25%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 107.84mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin A: 2116.74IU (42.33%), Vitamin K: 25.29µg (24.08%), Vitamin C: 11.93mg (14.47%), Manganese: 0.21mg (10.27%), Folate: 27.38µg (6.85%), Vitamin B3: 1.16mg (5.82%), Fiber: 1.39g (5.56%), Vitamin E: 0.71mg (4.72%), Magnesium: 17.47mg (4.37%), Potassium: 149.23mg (4.26%), Phosphorus: 39.95mg (3.99%), Vitamin B6: 0.08mg (3.85%), Iron: 0.53mg (2.96%), Vitamin B1: 0.04mg (2.95%), Copper: 0.05mg (2.66%), Calcium: 21.49mg (2.15%), Vitamin B2: 0.03mg (2.03%), Vitamin B5: 0.17mg (1.74%), Zinc: 0.25mg (1.67%)