



## Mango-Cucumber Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



40 kcal

SIDE DISH

### Ingredients

- 1 carrots shredded
- 0.5 cucumber peeled seeded cut into thin strips
- 0.3 cup cilantro leaves fresh
- 2 teaspoons domino granulated sugar
- 2 tablespoons juice of lime fresh
- 1 mangos ripe peeled cut into thin strips
- 3 cups napa cabbage thinly sliced
- 0.5 small bell pepper red thinly sliced

- 2 cups cabbage red thinly sliced
- 3 tablespoons rice vinegar
- 1 teaspoon sesame oil toasted
- 1 tablespoon chili sauce sweet
- 0.5 small onion sweet thinly sliced
- 3 tablespoons crisco vegetable oil

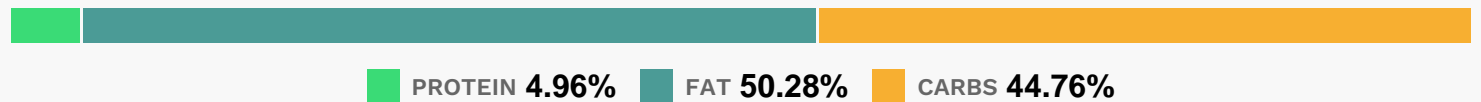
## Equipment

- bowl
- whisk

## Directions

- Combine first 8 ingredients in a large bowl.
- Whisk together vinegar and next 5 ingredients until sugar dissolves.
- Pour over cabbage mixture, and toss to coat. Cover and chill 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:18.08, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:3.6108696046083%

## Flavonoids

Cyanidin: 18.69mg, Cyanidin: 18.69mg, Cyanidin: 18.69mg, Cyanidin: 18.69mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 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: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 40.02kcal (2%), Fat: 2.36g (3.63%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.96g (1.44%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 15.2mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin C: 15.61mg (18.92%), Vitamin A: 834.75IU (16.69%), Vitamin K: 14.19µg (13.52%), Folate: 19.72µg (4.93%), Vitamin B6: 0.08mg (4.12%), Manganese: 0.07mg (3.52%), Fiber: 0.76g (3.03%), Potassium: 102.71mg (2.93%), Vitamin E: 0.35mg (2.32%), Calcium: 18.25mg (1.83%), Magnesium: 6.37mg (1.59%), Copper: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.49%), Vitamin B2: 0.02mg (1.37%), Phosphorus: 13.18mg (1.32%), Vitamin B3: 0.22mg (1.09%), Iron: 0.18mg (1.02%)