



Mexican Napa Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 2 cups alfalfa sprouts
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 anaheim chile pepper minced seeded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 2 green onions finely chopped
- ☐ 0.8 cup jicama peeled very thinly sliced
- ☐ 2 tablespoons juice of lime fresh

- ☐ 6 cups napa cabbage shredded chinese
- ☐ 1 tablespoon olive oil
- ☐ 1 bell pepper red sliced
- ☐ 0.3 teaspoon salt

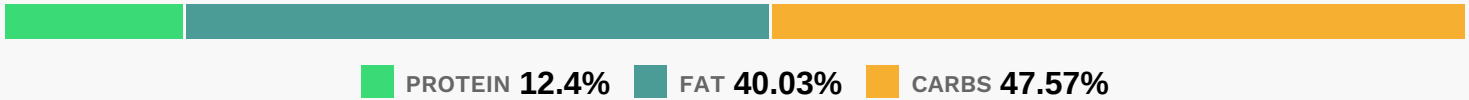
Equipment

- ☐ bowl

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Combine sweetener and next 5 ingredients in a small bowl; add to vegetables, and toss well. Cover and chill 1 hour, stirring occasionally.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:7.9243477945742%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg 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: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 40.32kcal (2.02%), Fat: 2g (3.07%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 3.2g (1.16%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 103.66mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 40.47mg (49.05%), Vitamin K: 36.79µg (35.04%), Folate: 58.95µg (14.74%), Vitamin A: 728.62IU (14.57%), Vitamin B6: 0.2mg (9.86%), Manganese: 0.18mg (9.2%), Fiber: 2.14g (8.54%), Potassium: 211.82mg (6.05%), Calcium: 54.03mg (5.4%), Vitamin E: 0.65mg (4.35%), Magnesium: 14.32mg (3.58%), Vitamin B2: 0.06mg (3.52%), Phosphorus: 31.59mg (3.16%), Vitamin B1: 0.04mg

(2.94%), Iron: 0.48mg (2.69%), Copper: 0.05mg (2.52%), Vitamin B3: 0.47mg (2.35%), Zinc: 0.29mg (1.94%),
Vitamin B5: 0.19mg (1.86%)