



"Million Dollar" Chinese Cabbage Salad

 Dairy Free  Popular

READY IN



40 min.

SERVINGS



10

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bunch green onions chopped
- 1 head napa cabbage chopped
- 6 ounce raman noodles crushed (without flavor packets)
- 1 cup sesame seed
- 0.5 cup slivered almonds
- 1 tablespoon soya sauce
- 0.5 cup vegetable oil
- 0.5 cup sugar white

0.3 cup red-wine vinegar

Equipment

bowl

baking sheet

oven

whisk

Directions

In a bowl, whisk together vegetable oil, sugar, wine vinegar, and soy sauce until the sugar has dissolved. Refrigerate the dressing while preparing the salad.

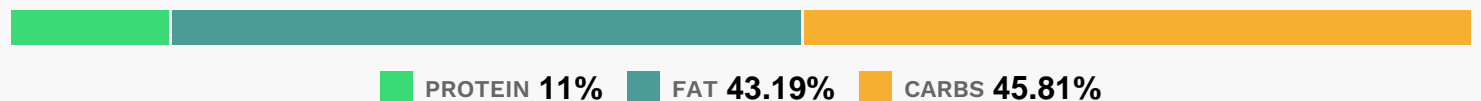
Preheat oven to 350 degrees F (175 degrees C).

Spread the broken ramen noodles, almonds, and sesame seeds onto a baking sheet.

Bake the ramen noodle mixture until lightly browned, about 15 minutes, stirring often. Watch carefully to prevent burning. Allow mixture to cool.

Just before serving, mix together the napa cabbage and green onions with toasted ramen mixture in a salad bowl until thoroughly combined; toss with the dressing.

Nutrition Facts



Properties

Glycemic Index:23.61, Glycemic Load:13.38, Inflammation Score:-7, Nutrition Score:16.956086956936%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 255.48kcal (12.77%), Fat: 12.8g (19.69%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 26.4g (9.6%), Sugar: 12.07g (13.41%), Cholesterol: 0mg (0%), Sodium: 112.33mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Vitamin K: 47.6µg (45.34%), Manganese: 0.84mg (41.77%), Copper: 0.76mg (37.76%), Vitamin C: 24.78mg (30.04%), Selenium: 16.76µg (23.94%), Calcium: 236.19mg (23.62%), Folate: 92.95µg (23.24%), Magnesium: 89.38mg (22.35%), Phosphorus: 182.28mg (18.23%), Vitamin B6: 0.36mg (18.2%), Iron: 2.99mg (16.63%), Fiber: 4.15g (16.58%), Vitamin B1: 0.18mg (12.23%), Zinc: 1.8mg (11.98%), Vitamin E: 1.74mg (11.59%), Potassium: 374.88mg (10.71%), Vitamin B2: 0.16mg (9.43%), Vitamin B3: 1.61mg (8.03%), Vitamin A: 311.53IU (6.23%), Vitamin B5: 0.21mg (2.09%)