



Miso-Spiked Asian Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

Ingredients

- 1 large carrots
- 4 servings ginger fresh grated peeled
- 4 servings honey
- 4 servings juice of lemon fresh
- 4 servings mayonnaise
- 4 servings miso white
- 1 large radishes
- 4 servings salt and pepper

- 4 servings spring onion white green (and pale parts only)
- 4 servings sesame oil
- 4 servings sesame seed white black toasted
- 4 servings vegetable oil
- 4 servings citrus champagne vinegar (not seasoned)

Equipment

- bowl
- whisk
- blender

Directions

- In a small bowl, whisk together the vinegar, miso, ginger, mayonnaise, lemon juice, and honey. Slowly whisk in the sesame oil until emulsified, then the grape-seed oil. Season with salt and pepper and set aside. (You can also make the dressing in a blender.) The dressing will keep, covered in the refrigerator, for about 4 days.
- Whisk before using. In a large bowl, combine the cabbage, carrots, radishes, and scallions.
- Add a little more than half of the dressing and toss to combine. If the slaw is too dry, add a little more. Check the seasonings, then sprinkle with the sesame seeds (if using) and serve. Try out these recipes with slaw on Food Republic: [Gone Fishin': Catfish Tacos With Chipotle Slaw Recipe](#)
- [Merguez Dog With Zucchini-Mint Slaw Recipe](#)
- [Pork Tenderloin With Apple Jicama Slaw Recipe](#)

Nutrition Facts

 **PROTEIN 2.15%**  **FAT 85.36%**  **CARBS 12.49%**

Properties

Glycemic Index:81.03, Glycemic Load:4.19, Inflammation Score:-9, Nutrition Score:10.266086843513%

Flavonoids

Pelargonidin: 1.42mg, Pelargonidin: 1.42mg, Pelargonidin: 1.42mg, Pelargonidin: 1.42mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 359.33kcal (17.97%), Fat: 35.13g (54.05%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 9.77g (3.55%), Sugar: 7.3g (8.11%), Cholesterol: 1.68mg (0.56%), Sodium: 272.72mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin A: 3072.15IU (61.44%), Vitamin K: 49.29µg (46.94%), Copper: 0.36mg (17.79%), Manganese: 0.26mg (12.87%), Vitamin E: 1.67mg (11.15%), Vitamin C: 8.49mg (10.29%), Calcium: 91.77mg (9.18%), Magnesium: 34.29mg (8.57%), Iron: 1.43mg (7.93%), Fiber: 1.79g (7.17%), Phosphorus: 64.28mg (6.43%), Vitamin B1: 0.08mg (5.61%), Vitamin B6: 0.11mg (5.37%), Zinc: 0.76mg (5.04%), Folate: 19.33µg (4.83%), Selenium: 3.07µg (4.38%), Potassium: 149.12mg (4.26%), Vitamin B3: 0.62mg (3.11%), Vitamin B2: 0.04mg (2.62%)