

Napa Cabbage Slaw



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons asian chili oil
- ☐ 1 juice of lime juiced
- ☐ 1 tablespoon mayonnaise
- ☐ 3 cups napa cabbage shredded finely
- ☐ 1 orange bell pepper thinly sliced
- ☐ 1 bell pepper red thinly sliced
- ☐ 3 tablespoons rice vinegar
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 3 scallions thinly sliced
- ☐ 0.5 cup snow peas thinly sliced
- ☐ 1 tablespoon soya sauce

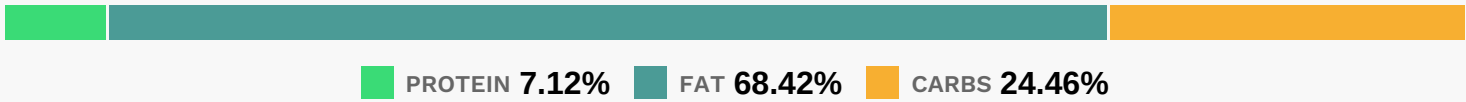
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the lime juice, vinegar, chili oil, mayonnaise and soy sauce in a large bowl.
- ☐ Add the cabbage, peppers, snow peas and scallions and toss to combine. Season with salt and pepper, to taste. Refrigerate for at least 30 minutes to allow flavors to meld.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:10.537391300516%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg 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: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 83.6kcal (4.18%), Fat: 6.64g (10.22%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.82g (3.13%), Cholesterol: 0.98mg (0.33%), Sodium: 189.06mg (8.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin C: 68.56mg (83.1%), Vitamin K: 39.51µg (37.63%), Vitamin A: 1515.96IU (30.32%), Folate: 56.71µg (14.18%), Vitamin B6: 0.23mg (11.43%), Vitamin E: 1.5mg (9.99%), Manganese: 0.18mg (8.97%), Fiber: 1.73g (6.91%), Potassium: 221.24mg (6.32%), Calcium: 42.32mg (4.23%), Vitamin B2: 0.07mg (4.12%), Vitamin B3: 0.75mg (3.74%), Iron: 0.67mg (3.7%), Vitamin B1: 0.06mg (3.7%), Magnesium: 14.73mg (3.68%), Phosphorus: 33.45mg (3.34%), Vitamin B5: 0.25mg (2.54%), Copper: 0.04mg

(1.98%), Zinc: 0.25mg (1.7%)