



Napa Cabbage Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



21

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 8 cups cabbage chinese chopped (napa)
- ☐ 1 large bell pepper red coarsely chopped
- ☐ 1 large bell pepper green coarsely chopped
- ☐ 2 cups jicama julienned peeled (matchstick-cut)
- ☐ 3 tablespoons chives fresh sliced
- ☐ 3 tablespoons rice vinegar
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon ginger grated

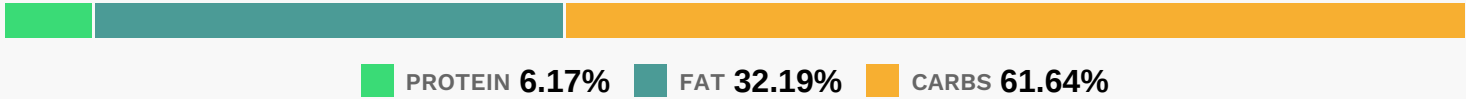
Equipment

- ☐ bowl

Directions

- ☐ In 3-quart clear bowl, mix slaw ingredients.
- ☐ In small jar with tight-fitting lid, mix dressing ingredients. Cover; shake well.
- ☐ Pour over slaw. Stir and serve immediately, or cover and refrigerate up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:14.06, Glycemic Load:1.89, Inflammation Score:-4, Nutrition Score:4.4421739189521%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 36.94kcal (1.85%), Fat: 1.42g (2.18%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.49g (1.63%), Sugar: 4.09g (4.55%), Cholesterol: 0mg (0%), Sodium: 33.79mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 29.22mg (35.41%), Vitamin K: 23.02µg (21.92%), Fiber: 1.61g (6.45%), Vitamin A: 321.02IU (6.42%), Folate: 18.03µg (4.51%), Vitamin B6: 0.08mg (4.04%), Manganese:

0.08mg (3.88%), Vitamin E: 0.44mg (2.96%), Potassium: 99.53mg (2.84%), Vitamin B1: 0.03mg (1.87%), Magnesium: 6.91mg (1.73%), Iron: 0.29mg (1.63%), Vitamin B2: 0.03mg (1.47%), Calcium: 14.55mg (1.46%), Phosphorus: 13.43mg (1.34%), Vitamin B5: 0.11mg (1.11%), Vitamin B3: 0.21mg (1.06%), Copper: 0.02mg (1.03%)