



WHATSheATE

Napa Cabbage Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients



0.5 cup matchstick-cut carrot



0.3 teaspoon pepper red crushed



1 tablespoon sesame oil dark



1 teaspoon ginger grated peeled



0.3 cup diagonally cut green onions



1 tablespoon lower-sodium soy sauce



2 cups napa cabbage thinly sliced



1 tablespoon rice vinegar

- ☐ 0.5 cup julienne-cut squash yellow
- ☐ 1.5 teaspoons chili sauce sweet

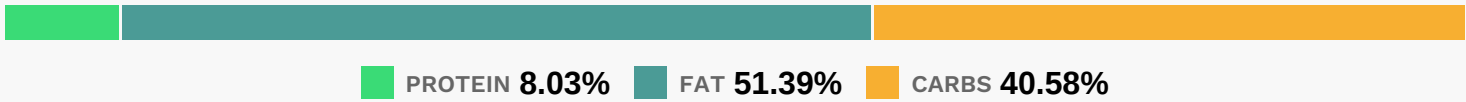
Equipment

- ☐ bowl

Directions

- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Add remaining ingredients; toss well.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:43.96, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:9.4978261149448%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 61.02kcal (3.05%), Fat: 3.69g (5.67%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.75g (3.05%), Cholesterol: 0mg (0%), Sodium: 180.84mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin A: 4753.42IU (95.07%), Vitamin K: 32.15µg (30.62%), Vitamin C: 16.08mg (19.49%), Folate: 43.63µg (10.91%), Manganese: 0.16mg (8.14%), Vitamin B6: 0.15mg (7.54%), Potassium: 239.16mg (6.83%), Fiber: 1.51g (6.04%), Calcium: 49.37mg (4.94%), Magnesium: 17.26mg (4.32%), Vitamin E: 0.55mg (3.68%), Vitamin B1: 0.05mg (3.25%), Phosphorus: 32.05mg (3.21%), Vitamin B3: 0.62mg (3.08%), Vitamin B2: 0.05mg (2.81%), Iron: 0.46mg (2.56%), Copper: 0.04mg (2.16%), Vitamin B5: 0.17mg (1.73%), Zinc: 0.22mg (1.44%)