



Napa Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh grated
- ☐ 6 green onions sliced
- ☐ 1 head napa cabbage shredded
- ☐ 1 bell pepper red thinly sliced
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar

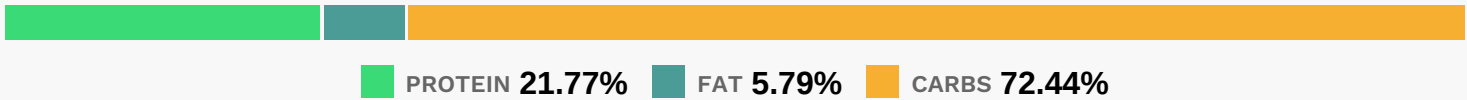
Equipment

☐ bowl

Directions

- ☐ Toss cabbage and next 3 ingredients in a large bowl.
- ☐ Combine sugar and remaining ingredients, and add to cabbage mixture, stirring to coat. Cover and chill 1 to 2 hours. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:3.26, Inflammation Score:-7, Nutrition Score:11.989130393319%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 45.53kcal (2.28%), Fat: 0.32g (0.49%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.62g (6.24%), Cholesterol: 0mg (0%), Sodium: 552.84mg (24.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 69.17µg (65.88%), Vitamin C: 51.33mg (62.22%), Folate: 103.72µg (25.93%), Vitamin A: 946.96IU (18.94%), Vitamin B6: 0.33mg (16.63%), Manganese: 0.31mg (15.26%), Potassium: 354.61mg (10.13%), Calcium: 97.36mg (9.74%), Fiber: 2.02g (8.09%), Magnesium: 23.07mg (5.77%), Vitamin B2: 0.09mg (5.46%), Phosphorus: 53.65mg (5.36%), Vitamin B3: 1.04mg (5.22%), Iron: 0.8mg (4.44%), Vitamin B1: 0.06mg (4.3%), Copper: 0.07mg (3.47%), Vitamin E: 0.44mg (2.91%), Zinc: 0.38mg (2.55%), Vitamin B5: 0.21mg (2.15%), Selenium: 0.91µg (1.3%)