

## Napa Slaw

READY IN



20 min.

SERVINGS



10

CALORIES



205 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup butter
- ☐ 1 head napa cabbage chopped
- ☐ 3 ounce japanese ramen noodles
- ☐ 2 tablespoons soya sauce
- ☐ 4 spring onion diced
- ☐ 1 cup sunflower kernels
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup vinegar
- ☐ 2 tablespoons sugar white

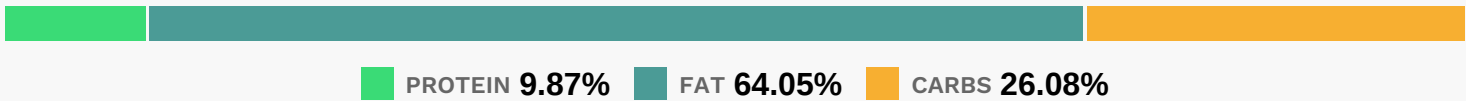
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

# Directions

- ☐ Melt butter in a large skillet over medium heat; cook and stir sunflower kernels and ramen noodles in hot butter until sunflower kernels are lightly browned and fragrant, 3 to 5 minutes.
- ☐ Remove from heat and transfer into a bowl to cool.
- ☐ Stir sunflower seeds and ramen noodles with napa cabbage and spring onions in a large salad bowl.
- ☐ Whisk vinegar, vegetable oil, sugar, and soy sauce together in a separate bowl until sugar has dissolved; pour dressing over salad and toss.

# Nutrition Facts



# Properties

Glycemic Index:31.61, Glycemic Load:5.11, Inflammation Score:-7, Nutrition Score:14.913913115211%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

# Nutrients (% of daily need)

Calories: 204.93kcal (10.25%), Fat: 15.21g (23.4%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 11.35g (4.13%), Sugar: 4.33g (4.81%), Cholesterol: 12.2mg (4.07%), Sodium: 421.1mg (18.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin K: 53.44µg (50.89%), Vitamin E: 5.29mg (35.24%), Vitamin C: 25.42mg (30.81%), Folate: 115.02µg (28.75%), Manganese: 0.51mg (25.39%), Vitamin B1: 0.33mg (21.79%), Vitamin B6: 0.41mg (20.34%), Magnesium: 59.85mg (14.96%), Copper: 0.3mg (14.91%), Phosphorus: 132.99mg (13.3%), Selenium: 8.69µg (12.41%), Fiber: 2.58g (10.33%), Vitamin B3: 1.99mg (9.97%), Potassium: 338.4mg (9.67%), Vitamin A: 483.59IU (9.67%), Calcium: 88.55mg (8.85%), Iron: 1.49mg (8.26%),

Vitamin B2: 0.13mg (7.43%), Zinc: 0.99mg (6.6%), Vitamin B5: 0.29mg (2.93%)