



No-cook Asian prawn coleslaw



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 0.5 head cabbage shredded white finely
- ☐ 1 large carrots grated
- ☐ 100 g radishes sliced
- ☐ 2 large handfuls bean sprouts
- ☐ 1 handful cashew pieces
- ☐ 1 handful cilantro leaves
- ☐ 100 g shrimp cooked
- ☐ 1 lime zest

- ☐ 2 tsp sugar
- ☐ 1 tbsp sesame oil
- ☐ 1 to 5 chillies red deseeded chopped
- ☐ 1 small knob ginger fresh shredded finely

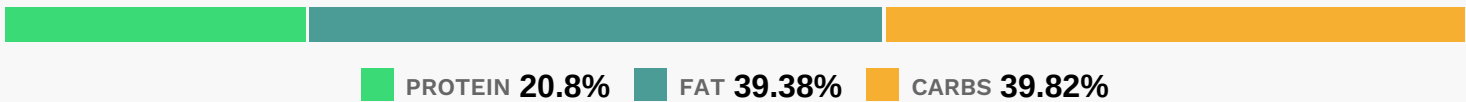
Equipment

- ☐ bowl

Directions

- ☐ Mix all the dressing ingredients together in a large bowl, then stir in all of the other ingredients except for the prawns. Pile the salad onto two plates, then top with a handful of prawns.

Nutrition Facts



Properties

Glycemic Index:171.06, Glycemic Load:10.26, Inflammation Score:-10, Nutrition Score:28.727826118469%

Flavonoids

Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 303.22kcal (15.16%), Fat: 14.39g (22.14%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 23.41g (8.51%), Sugar: 16.8g (18.67%), Cholesterol: 80.5mg (26.83%), Sodium: 150.28mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.2%), Vitamin K: 193.87µg (184.64%), Vitamin C: 135.46mg (164.19%), Vitamin A: 6606.24IU (132.12%), Manganese: 0.77mg (38.52%), Fiber: 9.34g (37.35%), Copper: 0.67mg (33.37%), Folate: 130.46µg (32.61%), Phosphorus: 294.95mg (29.49%), Vitamin B6: 0.56mg (28.11%), Potassium: 969.29mg (27.69%), Magnesium: 105.99mg (26.5%), Vitamin B1: 0.26mg (17.35%), Iron: 3.09mg (17.16%), Calcium: 168.53mg (16.85%), Zinc: 2.28mg (15.22%), Vitamin B2: 0.17mg (10.08%), Vitamin B5: 0.93mg (9.26%), Vitamin B3: 1.55mg (7.76%), Vitamin E: 1.09mg (7.28%), Selenium: 4.3µg (6.14%)