



Orange and Radish Cabbage Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



6 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- 1 tablespoon canola oil
- 1 teaspoon sesame oil dark
- 4 cups napa cabbage shredded chinese ()
- 0.3 cup orange sections (1 small orange)
- 0.5 cup radishes sliced (3 radishes)
- 2 tablespoons rice vinegar
- 2 teaspoons sugar

Equipment

bowl

whisk

Directions

Combine first 3 ingredients in a large bowl.

Combine vinegar and remaining 3 ingredients in a small bowl, stirring well with a whisk.

Pour vinegar mixture over cabbage mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:56.65, Glycemic Load:2.57, Inflammation Score:-5, Nutrition Score:6.8530436520991%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 70.45kcal (3.52%), Fat: 4.69g (7.22%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 5.21g (1.89%), Sugar: 4.74g (5.27%), Cholesterol: 0mg (0%), Sodium: 12.68mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin C: 30.65mg (37.15%), Vitamin K: 35.42µg (33.74%), Folate: 68.17µg (17.04%), Vitamin B6: 0.2mg (9.78%), Manganese: 0.16mg (8.13%), Potassium: 242.01mg (6.91%), Calcium: 68.64mg (6.86%), Fiber: 1.5g (6.02%), Vitamin A: 276.45IU (5.53%), Vitamin E: 0.74mg (4.96%), Magnesium: 12.91mg (3.23%), Vitamin B1: 0.05mg (3.01%), Vitamin B2: 0.05mg (2.94%), Phosphorus: 27.36mg (2.74%), Copper: 0.04mg (2.1%), Vitamin B3: 0.38mg (1.92%), Iron: 0.3mg (1.68%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.14mg (1.41%)