



Orange-Sesame Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



56 kcal

SIDE DISH

Ingredients

- 16 ounces coleslaw mix prepared
- 0.5 teaspoon sesame oil dark to taste (or)
- 1 tablespoon ginger fresh grated peeled
- 1 teaspoon juice of lemon
- 1 tablespoon soy sauce low-sodium
- 0.3 cup orange juice
- 3 small navel oranges seedless peeled sliced (or 2 navel oranges, and)
- 0.5 cup bell pepper red thinly sliced

- 2 tablespoons rice vinegar
- 1 tablespoon sesame seed toasted
- 8 servings artificial sweetener to taste (see Notes)

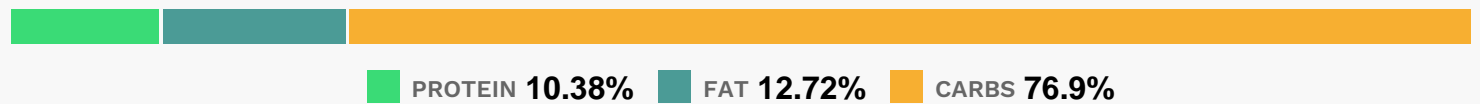
Equipment

- bowl

Directions

- Combine the coleslaw, bell pepper, and orange slices in a large salad bowl.
- Mix together the remaining ingredients and pour over the vegetables. Allow the flavors to combine for at least half an hour in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:9.6952172906502%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 12.5mg, Hesperetin: 12.5mg, Hesperetin: 12.5mg, Hesperetin: 12.5mg Naringenin: 3.9mg, Naringenin: 3.9mg, Naringenin: 3.9mg, Naringenin: 3.9mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 56.45kcal (2.82%), Fat: 0.94g (1.45%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 9.1g (3.31%), Sugar: 7.61g (8.46%), Cholesterol: 0mg (0%), Sodium: 83.49mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin C: 67.86mg (82.25%), Vitamin K: 43.59µg (41.51%), Folate: 50.91µg (12.73%), Fiber: 2.93g (11.74%), Vitamin A: 492.44IU (9.85%), Manganese: 0.15mg (7.74%), Vitamin B6: 0.15mg (7.74%), Potassium: 234.76mg (6.71%), Vitamin B1: 0.09mg (6.09%), Calcium: 57.53mg (5.75%), Magnesium: 19.89mg (4.97%), Phosphorus: 40.67mg (4.07%), Copper: 0.08mg (4.02%), Vitamin B2: 0.07mg (3.96%), Iron: 0.57mg (3.17%), Vitamin B5: 0.31mg (3.11%), Vitamin B3: 0.55mg (2.77%), Vitamin E: 0.33mg (2.21%), Zinc: 0.27mg (1.79%)