



Oriental Cabbage Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- 10 ounces cabbage shredded
- 2 scallions chopped
- 1 tablespoon sesame seed toasted
- 2 tablespoons soya sauce
- 0.3 cup sugar
- 2 tablespoons vegetable oil
- 1 tablespoon vinegar white

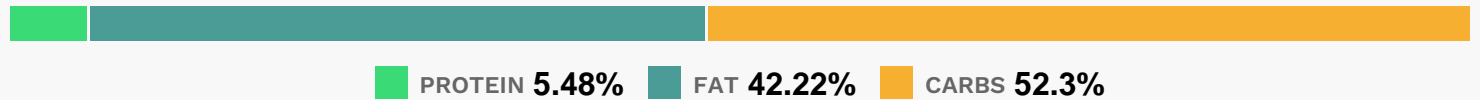
Equipment

bowl

Directions

- Combine cabbage, scallions, and sesame seeds in a medium-size bowl.
- Mix vegetable oil, soy sauce, vinegar and sugar in a cup.
- Pour enough dressing over slaw to coat; refrigerate, covered, to blend flavors.
- Add more dressing, if needed.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:8.6, Inflammation Score:-2, Nutrition Score:5.7447826706845%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 107.66kcal (5.38%), Fat: 5.29g (8.14%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 13.26g (4.82%), Sugar: 12.8g (14.22%), Cholesterol: 0mg (0%), Sodium: 344.62mg (14.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin K: 52.53µg (50.02%), Vitamin C: 18.05mg (21.87%), Manganese: 0.15mg (7.33%), Folate: 25.25µg (6.31%), Fiber: 1.49g (5.96%), Vitamin B6: 0.08mg (4.18%), Copper: 0.08mg (3.79%), Calcium: 36.25mg (3.63%), Iron: 0.63mg (3.47%), Magnesium: 13.58mg (3.39%), Potassium: 110.6mg (3.16%), Vitamin E: 0.47mg (3.11%), Vitamin B1: 0.05mg (3.01%), Phosphorus: 30.06mg (3.01%), Vitamin B2: 0.04mg (2.15%), Vitamin B3: 0.43mg (2.14%), Vitamin A: 86.3IU (1.73%), Zinc: 0.23mg (1.54%), Vitamin B5: 0.13mg (1.26%), Selenium: 0.75µg (1.07%)