



## Oriental Green Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup bok choy shredded
- 0.5 cup coarsely carrot shredded
- 2 tablespoons cider vinegar
- 2 teaspoons juice of lemon
- 2 teaspoons soya sauce low-sodium
- 1 tablespoon radishes shredded
- 0.5 teaspoon sesame oil
- 1.5 teaspoons sesame seed

2 cups torn spinach fresh

## Equipment

sauce pan

## Directions

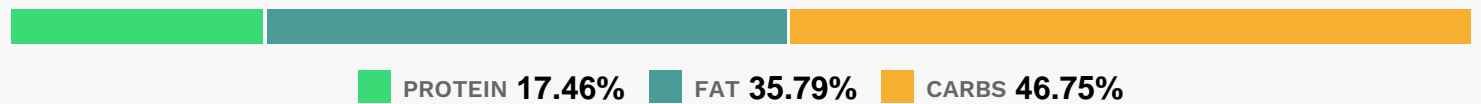
Combine sesame seeds and sesame oil in a small saucepan. Cook, stirring constantly, over medium-low heat 1 minute or until sesame seeds are golden.

Let cool completely. Stir in vinegar, lemon juice, and soy sauce; set aside.

Combine spinach and remaining ingredients.

Add sesame seed mixture, and toss well.

## Nutrition Facts



## Properties

Glycemic Index:92.92, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:15.640000016793%

## Flavonoids

Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## Nutrients (% of daily need)

Calories: 48.01kcal (2.4%), Fat: 2.01g (3.09%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.2g (2.45%), Cholesterol: 0mg (0%), Sodium: 241mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin A: 8941.87IU (178.84%), Vitamin K: 157.32µg (149.83%), Vitamin C: 21.22mg (25.72%), Manganese: 0.44mg (22.19%), Folate: 82.33µg (20.58%), Potassium: 371.85mg (10.62%), Magnesium: 41.37mg (10.34%), Fiber: 2.08g (8.31%), Vitamin B6: 0.16mg (8.2%), Calcium: 77.96mg (7.8%), Iron: 1.39mg (7.74%), Copper: 0.13mg (6.32%), Vitamin B2: 0.11mg (6.29%), Vitamin E: 0.88mg (5.88%), Phosphorus: 53.19mg (5.32%), Vitamin B1: 0.07mg (4.5%), Vitamin B3: 0.77mg (3.84%), Zinc: 0.45mg (3.03%), Vitamin B5: 0.16mg (1.58%), Selenium: 1.02µg (1.46%)