



HEALTH SCORE

85%

Oriental slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients



1 large carrots grated



0.5 small cabbage shredded white



1 onion red thinly sliced



1 handful cilantro leaves generous chopped



50 g peanuts salted



1 tbsp citrus champagne vinegar



1 lime zest



3 tbsp unrefined sunflower oil

- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 1 pinch sugar generous

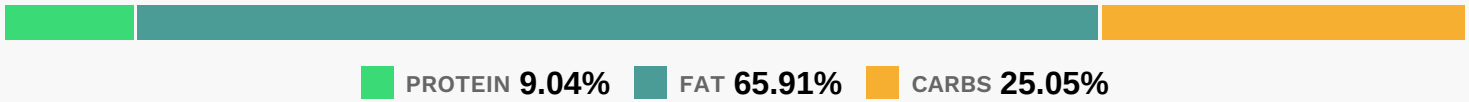
Equipment

- ☐ bowl

Directions

- ☐ Mix all the dressing ingredients with seasoning in a bowl or food container. Pile the salad ingredients on top and scatter with the peanuts. Toss just before serving.

Nutrition Facts



Properties

Glycemic Index:77.79, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:18.113912675692%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 216.19kcal (10.81%), Fat: 16.95g (26.08%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 9.44g (3.43%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 34.44mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin K: 75.66µg (72.06%), Vitamin C: 57.09mg (69.2%), Vitamin A: 3278.05IU (65.56%), Vitamin E: 4.71mg (31.41%), Manganese: 0.56mg (28.12%), Folate: 81.57µg (20.39%), Fiber: 5.06g (20.22%), Vitamin B6: 0.28mg (13.88%), Vitamin B3: 2.59mg (12.96%), Vitamin B1: 0.18mg (11.81%), Potassium: 402.45mg (11.5%), Magnesium: 43.12mg (10.78%), Phosphorus: 94.61mg (9.46%), Copper: 0.18mg (8.82%), Iron: 1.27mg (7.06%), Calcium: 69.21mg (6.92%), Vitamin B5: 0.56mg (5.58%), Vitamin B2: 0.09mg (5.01%), Zinc: 0.57mg (3.8%), Selenium: 1.46µg (2.08%)