



Peanutty Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 16 oz coleslaw mix shredded
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.3 cup spring onion chopped
- ☐ 2 tablespoons mayonnaise
- ☐ 0.8 cup roasted peanuts salted
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sesame oil
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons wasabi paste
- ☐ 3 tablespoons vinegar white

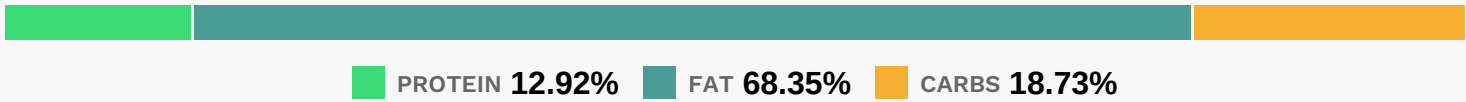
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 10 ingredients in a large bowl; add coleslaw mix, stirring to coat. Cover and chill 1 hour; stir in peanuts just before serving.

Nutrition Facts



Properties

Glycemic Index:54.18, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:11.644782653159%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 185.08kcal (9.25%), Fat: 14.88g (22.9%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 5.34g (1.94%), Sugar: 3.23g (3.59%), Cholesterol: 1.96mg (0.65%), Sodium: 317.86mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin K: 78.41µg (74.68%), Vitamin C: 29.53mg (35.79%), Manganese: 0.6mg (29.84%), Fiber: 3.84g (15.35%), Folate: 59.59µg (14.9%), Vitamin B3: 2.96mg (14.78%), Magnesium: 42.62mg (10.66%), Phosphorus: 95.47mg (9.55%), Potassium: 302.8mg (8.65%), Vitamin B6: 0.15mg (7.55%), Copper: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.34%), Calcium: 56.29mg (5.63%), Iron: 0.91mg (5.03%), Vitamin B5: 0.44mg (4.39%), Vitamin A: 210.13IU (4.2%), Zinc: 0.56mg (3.75%), Vitamin B2: 0.05mg (3.21%), Selenium: 1.79µg (2.56%), Vitamin E: 0.36mg (2.39%)