



Radish Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 2 cups daikon shredded peeled ()
- ☐ 1 cup green onions thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 lb radishes shredded red
- ☐ 0.3 cup rice vinegar
- ☐ 5 servings salt
- ☐ 1 teaspoon soya sauce

☐ 2 teaspoons whole-grain mustard

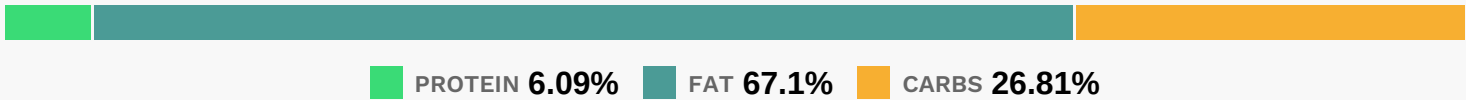
Equipment

☐ bowl

Directions

- ☐ In a wide bowl, mix vinegar, oil, mustard, soy sauce, and pepper.
- ☐ Add daikon, red radishes, and onions.
- ☐ Mix; add salt to taste.
- ☐ Line plates with salad mix and spoon radish slaw on top.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:6.4373911774677%

Flavonoids

Pelargonidin: 28.64mg, Pelargonidin: 28.64mg, Pelargonidin: 28.64mg, Pelargonidin: 28.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 76.25kcal (3.81%), Fat: 5.81g (8.93%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.52g (2.81%), Cholesterol: 0mg (0%), Sodium: 313.86mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin K: 45.86µg (43.67%), Vitamin C: 20.69mg (25.08%), Folate: 37.52µg (9.38%), Fiber: 2.13g (8.54%), Potassium: 274.77mg (7.85%), Manganese: 0.13mg (6.41%), Vitamin E: 0.93mg (6.17%), Copper: 0.1mg (4.97%), Magnesium: 17.87mg (4.47%), Iron: 0.75mg (4.18%), Calcium: 41.59mg (4.16%), Vitamin A: 205.09IU (4.1%), Vitamin B6: 0.07mg (3.51%), Phosphorus: 31.69mg (3.17%), Vitamin B2: 0.05mg (2.73%), Selenium: 1.48µg (2.12%), Vitamin B1: 0.03mg (2.03%), Zinc: 0.3mg (1.98%), Vitamin B3: 0.37mg (1.87%), Vitamin B5: 0.17mg (1.67%)