

Ramen Coleslaw



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 medium head cabbage shredded
- ☐ 5 green onions chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 ounce chicken ramen noodles crushed flavored
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sesame seed
- ☐ 2 tablespoons vegetable oil

- ☐ 2 tablespoons sugar white
- ☐ 3 tablespoons citrus champagne vinegar

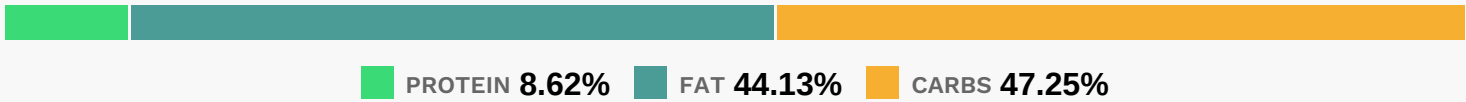
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, whisk together the oil, vinegar, sugar, ramen noodle spice mix, salt and pepper to create a dressing.
- ☐ Place sesame seeds and almonds in a single layer on a medium baking sheet.
- ☐ Bake in the preheated oven 10 minutes, or until lightly brown.
- ☐ In a large salad bowl, combine the cabbage, green onions and crushed ramen noodles.
- ☐ Pour dressing over the cabbage, and toss to coat evenly. Top with toasted sesame seeds and almonds.

Nutrition Facts



Properties

Glycemic Index:57.02, Glycemic Load:6.59, Inflammation Score:-8, Nutrition Score:26.612173971923%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.15mg

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 231.71kcal (11.59%), Fat: 12.74g (19.59%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 17.17g (6.24%), Sugar: 11.1g (12.34%), Cholesterol: 0mg (0%), Sodium: 320.34mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin K: 262.41µg (249.92%), Manganese: 1.53mg (76.72%), Vitamin C: 44.91mg (54.43%), Fiber: 13.52g (54.07%), Iron: 9.46mg (52.54%), Calcium: 452.25mg (45.22%), Vitamin E: 6.18mg (41.17%), Folate: 115.25µg (28.81%), Magnesium: 104.48mg (26.12%), Vitamin B6: 0.41mg (20.6%), Copper: 0.4mg (19.81%), Potassium: 571.01mg (16.31%), Vitamin B2: 0.25mg (14.51%), Vitamin A: 624.23IU (12.48%), Phosphorus: 120.64mg (12.06%), Vitamin B1: 0.16mg (10.59%), Zinc: 1.33mg (8.88%), Vitamin B3: 1.72mg (8.61%), Vitamin B5: 0.48mg (4.8%), Selenium: 3.05µg (4.35%)