



Ramen Slaw

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

Ingredients

- 12 ounce broccoli coleslaw mix
- 0.5 cup canola oil
- 4 green onions chopped
- 3 ounce oriental-flavored ramen noodles
- 0.5 cup slivered almonds
- 0.5 cup sunflower seeds
- 0.3 cup sugar white
- 0.3 cup citrus champagne vinegar

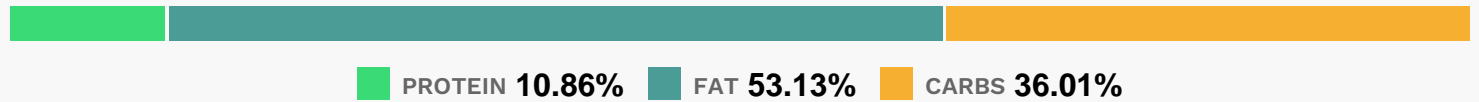
Equipment

- bowl
- whisk

Directions

- Combine broccoli coleslaw mix, sunflower seeds, almonds, and ramen noodles together in a bowl.
- Whisk canola oil, sugar, ramen noodle seasoning packet, and vinegar together in a separate bowl; pour over slaw mixture. Fold in green onions. Chill in refrigerator for 1 1/2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:7.76, Inflammation Score:-6, Nutrition Score:12.426956609539%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 198.4kcal (9.92%), Fat: 12.32g (18.95%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 16.82g (6.12%), Sugar: 7.06g (7.84%), Cholesterol: 0mg (0%), Sodium: 230.37mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin C: 40.95mg (49.63%), Vitamin E: 5.36mg (35.71%), Manganese: 0.48mg (24.08%), Vitamin B1: 0.28mg (18.54%), Folate: 68.03µg (17.01%), Magnesium: 60.02mg (15%), Vitamin K: 15.02µg (14.31%), Copper: 0.26mg (13.2%), Phosphorus: 131.28mg (13.13%), Vitamin B2: 0.19mg (11.22%), Selenium: 7.13µg (10.18%), Vitamin B6: 0.2mg (10.12%), Iron: 1.62mg (8.98%), Vitamin B3: 1.68mg (8.4%), Potassium: 280.33mg (8.01%), Fiber: 1.96g (7.86%), Zinc: 0.92mg (6.11%), Calcium: 53.02mg (5.3%), Vitamin A: 235.45IU (4.71%), Vitamin B5: 0.39mg (3.88%)