

Ranch Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- 0.3 cup cashew pieces unsalted toasted
- 4 cups napa cabbage chinese thinly sliced (cabbage)
- 1 tablespoon olive oil
- 0.1 teaspoon pepper
- 0.3 cup bell pepper red chopped
- 0.3 cup red wine vinegar
- 0.1 teaspoon salt
- 0.3 cup bell pepper yellow chopped

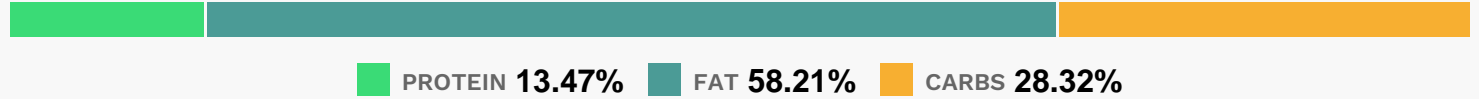
Equipment

bowl

Directions

Combine all the ingredients in a large bowl, and toss well. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:30.3, Glycemic Load:2.1, Inflammation Score:-7, Nutrition Score:9.6182609278223%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 107.46kcal (5.37%), Fat: 7.42g (11.42%), Saturated Fat: 1.12g (7%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 7.56g (2.75%), Sugar: 0.87g (0.96%), Cholesterol: 0mg (0%), Sodium: 97.47mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Vitamin C: 35.52mg (43.06%), Manganese: 0.58mg (28.79%), Folate: 94.73µg (23.68%), Copper: 0.38mg (19.15%), Vitamin A: 836.54IU (16.73%), Iron: 2.19mg (12.19%), Magnesium: 42.48mg (10.62%), Phosphorus: 91.76mg (9.18%), Potassium: 273.31mg (7.81%), Vitamin B6: 0.15mg (7.53%), Calcium: 63.91mg (6.39%), Vitamin B3: 1.19mg (5.96%), Zinc: 0.79mg (5.27%), Vitamin K: 5.41µg (5.16%), Vitamin E: 0.72mg (4.83%), Vitamin B2: 0.06mg (3.83%), Selenium: 2.44µg (3.49%), Vitamin B1: 0.05mg (3.45%), Fiber: 0.56g (2.24%), Vitamin B5: 0.19mg (1.86%)