



Scallion Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



24 kcal

SIDE DISH

Ingredients

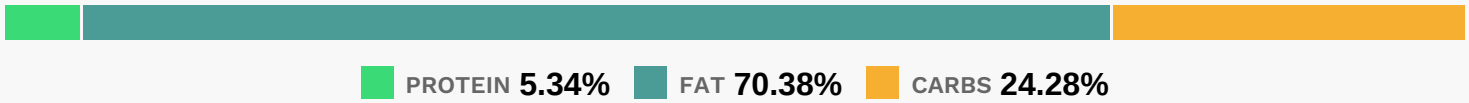
- ☐ 8 servings pepper black freshly ground
- ☐ 8 servings ground pepper red (coarse Korean pepper powder)
- ☐ 8 servings kosher salt
- ☐ 2 bunches spring onion
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 tablespoon vinegar white

Equipment

Directions

- ☐ Cut 2 bunches scallions into 3" lengths,then thinly slice lengthwise.
- ☐ Place in a bowl of ice water (to crisp). Just before serving,drain well, pat dry, and transfer to another bowl.
- ☐ Add 1 tablespoon distilled white vinegar and 1 tablespoon toasted sesame oil; toss to coat. Season with kosher salt, freshly ground black pepper, and gochugaru (coarse Korean red pepper powder).

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:2.6039130530604%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 24.36kcal (1.22%), Fat: 2.11g (3.25%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 195.41mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin A: 892.57IU (17.85%), Vitamin K: 14.43µg (13.74%), Vitamin E: 0.66mg (4.37%), Vitamin C: 2.66mg (3.22%), Manganese: 0.06mg (3.2%), Fiber: 0.73g (2.9%), Vitamin B6: 0.05mg (2.65%), Potassium: 58.25mg (1.66%), Folate: 5.98µg (1.49%), Iron: 0.26mg (1.43%), Vitamin B2: 0.02mg (1.37%), Magnesium: 4.44mg (1.11%), Vitamin B3: 0.21mg (1.03%)