



Seaweed Slaw



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 2 tablespoon sesame seed black
- ☐ 0.5 cup carrots shredded
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup daikon thinly sliced
- ☐ 1 tablespoon ginger grated peeled
- ☐ 1 juice of lime
- ☐ 0.5 cup shitake mushrooms thinly sliced

- ☐ 2 tablespoon olive oil
- ☐ 2 cup cabbage shredded red chinese
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 cup arame seaweed as garnish prepared (or ocean salad)
- ☐ 2 tablespoon sugar
- ☐ 2 cup ogo thick as needed chopped
- ☐ 2 cup ogo thick as needed chopped

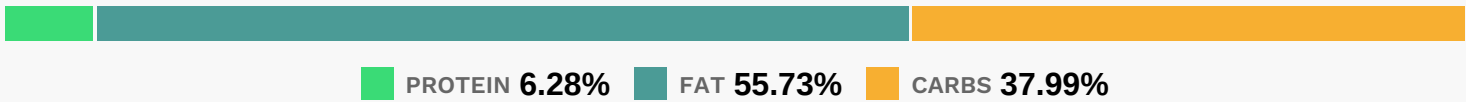
Equipment

- ☐ bowl

Directions

- ☐ Mix all the ingredients together in a large serving bowl except arame (ocean salad).
- ☐ Mix well. Top with arame as garnish.

Nutrition Facts



Properties

Glycemic Index:49.15, Glycemic Load:3.9, Inflammation Score:-9, Nutrition Score:7.7378262598877%

Flavonoids

Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 93.69kcal (4.68%), Fat: 6.18g (9.51%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 7.82g (2.84%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 261.69mg (11.38%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin A: 2260.94IU (45.22%), Vitamin C: 21.61mg (26.2%), Vitamin K: 18.58µg (17.69%), Manganese: 0.18mg (9.06%), Copper: 0.17mg (8.35%), Vitamin B6: 0.13mg (6.71%), Fiber: 1.66g (6.64%), Magnesium: 25.48mg (6.37%), Vitamin E: 0.95mg (6.32%), Potassium: 196.26mg (5.61%), Calcium: 50.93mg (5.09%), Iron: 0.89mg (4.96%), Folate: 18.18µg (4.55%), Vitamin B2: 0.08mg (4.5%), Phosphorus: 41.49mg (4.15%), Vitamin B3: 0.79mg (3.96%), Vitamin B1: 0.06mg (3.94%), Selenium: 2.31µg (3.3%), Zinc: 0.4mg (2.64%), Vitamin B5: 0.23mg (2.31%)