



Sesame and Ginger Coleslaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cabbage shredded ()
- ☐ 1 carrots shredded ()
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 1 teaspoon ginger grated ()
- ☐ 2 green onions diced ()
- ☐ 1 tablespoon honey
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons rice wine vinegar

- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon sesame oil toasted
- ☐ 1 tablespoon sesame seed (coarsely ground)
- ☐ 0.3 cup cup heavy whipping cream sour

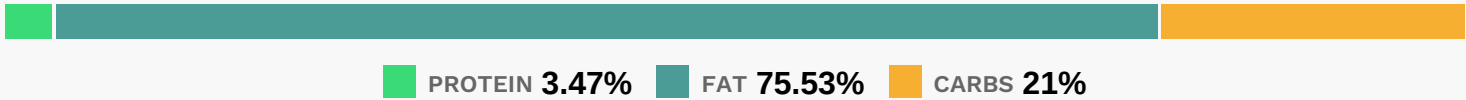
Equipment

- ☐ bowl

Directions

- ☐ Mix the cabbage, carrot and green onions in a large bowl.
- ☐ Mix the mayo, sour cream, rice wine vinegar, honey, ginger, toasted sesame oil, sesame seeds, salt and pepper in a bowl.
- ☐ Mix everything together.

Nutrition Facts



Properties

Glycemic Index:89.28, Glycemic Load:3.48, Inflammation Score:-9, Nutrition Score:9.3756520722223%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 178.91kcal (8.95%), Fat: 15.35g (23.61%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 7.86g (2.86%), Sugar: 6.89g (7.65%), Cholesterol: 14.36mg (4.79%), Sodium: 306.04mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin K: 67.31µg (64.1%), Vitamin A: 2808.IIU (56.16%), Vitamin C: 15.29mg (18.53%), Manganese: 0.15mg (7.68%), Fiber: 1.74g (6.97%), Folate: 26.07µg (6.52%), Calcium: 60.16mg (6.02%), Copper: 0.11mg (5.56%), Vitamin E: 0.75mg (4.97%), Potassium: 165.2mg (4.72%), Vitamin B6: 0.09mg (4.72%), Phosphorus: 44.28mg (4.43%), Magnesium: 16.49mg (4.12%), Iron: 0.68mg (3.76%), Vitamin B2: 0.06mg (3.72%), Vitamin B1: 0.06mg (3.71%), Selenium: 1.79µg (2.56%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.2mg (2.04%), Vitamin B3: 0.39mg (1.94%)