



Sesame Cabbage Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 lb cucumber english
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 8 oz napa cabbage shredded finely
- ☐ 1 cup onion red
- ☐ 8 oz cabbage shredded red finely
- ☐ 2 tablespoons sesame seed (see notes)

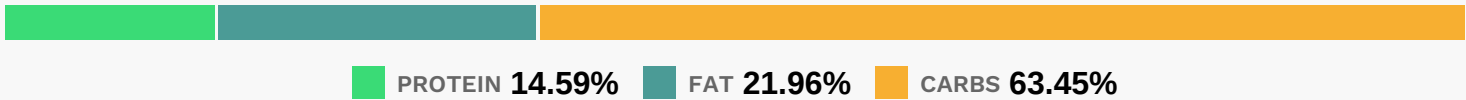
Equipment

☐ bowl

Directions

- ☐ Rinse and thinly slice cucumber. In a bowl, mix cucumber, onion, and sesame dressing. Cover and chill at least 1 hour or up to 1 day.
- ☐ Up to 1 hour before serving, layer napa cabbage and red cabbage in a large bowl (see notes).
- ☐ Pour marinated cucumber mixture over the top.
- ☐ Sprinkle with green onions, cilantro, and sesame seeds. Just before serving, mix well.
- ☐ Sesame dressing: In a small bowl or 1-cup glass measure, mix 1/2 cup rice vinegar, 2 tablespoons sugar, 1 tablespoon vegetable oil, 1 tablespoon Asian (toasted) sesame oil, 3/4 teaspoon salt, and 1/4 teaspoon ground white pepper. Makes about 3/4 cup.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:7.9060870331267%

Flavonoids

Cyanidin: 59.49mg, Cyanidin: 59.49mg, Cyanidin: 59.49mg, Cyanidin: 59.49mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 42.74kcal (2.14%), Fat: 1.19g (1.83%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.81g (2.11%), Sugar: 3.39g (3.76%), Cholesterol: 0mg (0%), Sodium: 13.26mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Vitamin K: 42.55µg (40.52%), Vitamin C: 27.8mg (33.7%), Manganese: 0.25mg (12.57%), Vitamin A: 541.93IU (10.84%), Folate: 40.18µg (10.05%), Vitamin B6: 0.19mg (9.54%), Potassium: 272.37mg (7.78%), Fiber: 1.92g (7.67%), Calcium: 71.09mg (7.11%), Copper: 0.13mg (6.61%), Magnesium: 25.58mg (6.39%), Phosphorus: 50.5mg (5.05%), Iron: 0.88mg (4.87%), Vitamin B1: 0.07mg (4.83%), Vitamin B2: 0.07mg (3.94%), Zinc: 0.45mg (2.99%), Vitamin B5: 0.25mg (2.5%), Vitamin B3: 0.43mg (2.14%), Selenium: 1.33µg (1.9%)