



Sesame Orange Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 16 ounces coleslaw mix prepared
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 tsp juice of lime
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1 tablespoon rice wine sweet (rice wine)
- ☐ 0.3 cup orange juice
- ☐ 3 small cranberry-orange relish seedless

- ☐ 0.5 cup bell pepper red thinly sliced
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 teaspoons sugar (or other sweetener)

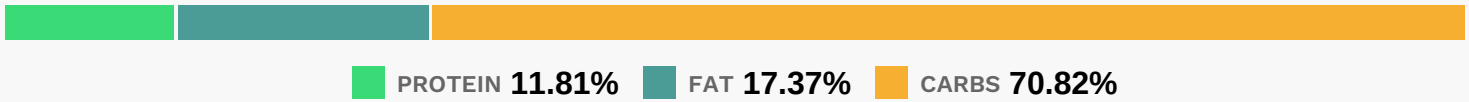
Equipment

- ☐ bowl

Directions

- ☐ Combine the coleslaw, bell pepper, and orange slices in a large salad bowl.
- ☐ Mix together the remaining ingredients and pour over the vegetables. Allow the flavors to combine for at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.57, Glycemic Load:3.55, Inflammation Score:-6, Nutrition Score:8.7378261348476%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 10.79mg, Hesperetin: 10.79mg, Hesperetin: 10.79mg, Hesperetin: 10.79mg Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 57.01kcal (2.85%), Fat: 1.16g (1.79%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 8g (2.91%), Sugar: 7.27g (8.08%), Cholesterol: 0mg (0%), Sodium: 154.98mg (6.74%), Alcohol: 0.3g (100%), Alcohol %: 0.31% (100%), Protein: 1.78g (3.56%), Vitamin C: 55.93mg (67.79%), Vitamin K: 43.63µg (41.55%), Folate: 44.68µg (11.17%), Fiber: 2.66g (10.63%), Vitamin A: 444.04IU (8.88%), Manganese: 0.16mg (7.8%), Vitamin B6: 0.14mg (6.9%), Potassium: 220.35mg (6.3%), Vitamin B1: 0.09mg (5.85%), Calcium: 49.99mg (5%), Magnesium: 19.2mg (4.8%), Copper: 0.08mg (3.86%), Phosphorus: 37.03mg (3.7%), Vitamin B2: 0.06mg (3.53%), Iron: 0.57mg (3.15%), Vitamin B5: 0.27mg (2.7%), Vitamin B3: 0.45mg (2.27%), Vitamin E: 0.33mg (2.2%), Zinc: 0.27mg (1.78%),

Selenium: 0.78µg (1.11%)