



WHATSheATE



HEALTH SCORE

94%

Sichuan Strawberry Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

Ingredients



0.3 teaspoon five spice powder chinese



0.5 cup almonds sliced



2.5 oz baby spinach rinsed drained



0.3 teaspoon pepper hot



2 tablespoons candied ginger minced



1 teaspoon garlic minced



2 tablespoons spring onion thinly sliced



1 quart napa cabbage shredded

- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 2 tablespoons sesame oil toasted
- ☐ 1 teaspoon soya sauce
- ☐ 1.8 cups strawberries sliced

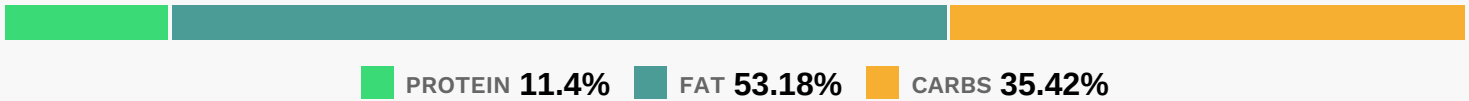
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a salad bowl, combine cabbage, spinach, strawberries, and green onions.
- ☐ In a 3-quart pan over medium-low heat, stir almonds often until golden, 5 to 8 minutes.
- ☐ Pour from pan.
- ☐ Add sesame oil, vinegar, ginger, garlic, soy sauce, five spice, and chile flakes to pan. Stir often over low heat until bubbling, 30 seconds.
- ☐ Pour dressing and almonds over salad and mix gently.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:26.74608707428%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 15.66mg, Pelargonidin: 15.66mg, Pelargonidin: 15.66mg, Pelargonidin: 15.66mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 212.23kcal (10.61%), Fat: 13.54g (20.83%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 14.18g (5.16%), Sugar: 10.89g (12.1%), Cholesterol: 0mg (0%), Sodium: 123.44mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Vitamin K: 195.77µg (186.45%), Vitamin C: 106.75mg (129.4%), Folate: 243.73µg (60.93%), Manganese: 1.15mg (57.58%), Vitamin A: 2489.3IU (49.79%), Vitamin B6: 0.65mg (32.36%), Vitamin E: 3.93mg (26.22%), Calcium: 247.05mg (24.71%), Potassium: 863.3mg (24.67%), Fiber: 6.1g (24.45%), Magnesium: 86.07mg (21.52%), Vitamin B2: 0.3mg (17.89%), Phosphorus: 153.73mg (15.37%), Copper: 0.27mg (13.38%), Iron: 2.11mg (11.71%), Vitamin B1: 0.15mg (10.16%), Vitamin B3: 1.84mg (9.18%), Zinc: 1.13mg (7.54%), Vitamin B5: 0.41mg (4.08%), Selenium: 2.53µg (3.62%)