



## Simple Asian Slaw

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

### Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 11 oz mandarin orange segents drained canned
- 4 cups coleslaw blend (cabbage slaw mix)
- 2 green onions thinly sliced

### Equipment

### Directions

Combine coleslaw, oranges and onions.

Add dressing; toss to coat.

## Nutrition Facts

**PROTEIN 6.61%** **FAT 51.42%** **CARBS 41.97%**

### Properties

Glycemic Index:19, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:10.691304326057%

### Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

### Nutrients (% of daily need)

Calories: 118.26kcal (5.91%), Fat: 7.18g (11.04%), Saturated Fat: 1g (6.23%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 10.18g (3.7%), Sugar: 10.11g (11.24%), Cholesterol: 0mg (0%), Sodium: 173.71mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin K: 74.37µg (70.83%), Vitamin C: 53.18mg (64.46%), Vitamin A: 1156.9IU (23.14%), Fiber: 3g (11.99%), Folate: 37.84µg (9.46%), Vitamin B1: 0.11mg (7.64%), Potassium: 266.12mg (7.6%), Vitamin E: 1.04mg (6.91%), Vitamin B6: 0.12mg (6.2%), Manganese: 0.12mg (6.08%), Magnesium: 18.18mg (4.54%), Calcium: 44.64mg (4.46%), Iron: 0.72mg (4.01%), Zinc: 0.58mg (3.85%), Phosphorus: 34.78mg (3.48%), Vitamin B2: 0.06mg (3.35%), Vitamin B3: 0.54mg (2.71%), Copper: 0.05mg (2.51%), Vitamin B5: 0.15mg (1.53%), Selenium: 0.81µg (1.15%)