



Spiced Napa Cabbage Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon asian fish sauce (nuoc mam or nam pla)
- 2 cups carrots shredded
- 0.8 cup dry-roasted peanuts unsalted
- 0.5 lb cucumber english
- 1 clove garlic minced
- 1 jalapeño chili fresh minced stemmed seeded
- 6 cups napa cabbage shredded finely
- 0.5 cup rice vinegar

- 1 tablespoon asian sesame oil toasted ()
- 1.5 teaspoons soya sauce
- 1.5 teaspoons sugar

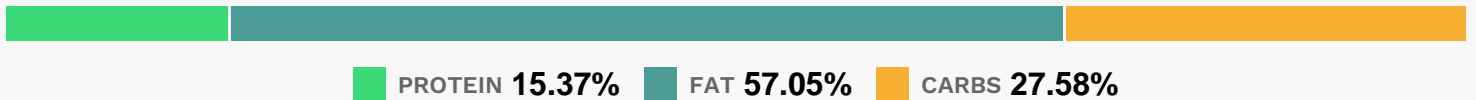
Equipment

- bowl

Directions

- Slice cucumber in half lengthwise, trim off ends, and scoop out and discard seeds. Thinly slice cucumber.
- In a wide bowl, combine cabbage, carrots, and cucumber.
- Mix vinegar, fish sauce, sesame oil, soy sauce, sugar, chili, and garlic.
- Pour over salad and mix.
- Serve, or cover and chill up to 4 hours.
- Sprinkle with peanuts and mix.

Nutrition Facts



Properties

Glycemic Index:34.49, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:13.61913047407%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 129.5kcal (6.47%), Fat: 8.7g (13.38%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 6.45g (2.35%), Sugar: 3.73g (4.14%), Cholesterol: 0mg (0%), Sodium: 326.95mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin A: 5576.12IU (111.52%), Vitamin K: 33.89µg (32.28%), Manganese: 0.53mg (26.32%), Vitamin C: 20.28mg (24.58%), Folate: 72.17µg (18.04%), Vitamin B3: 2.74mg (13.68%), Vitamin B6: 0.25mg (12.3%), Fiber: 3.01g (12.02%), Potassium: 400.99mg (11.46%), Magnesium:

42.83mg (10.71%), Phosphorus: 90.79mg (9.08%), Calcium: 75.72mg (7.57%), Copper: 0.14mg (7.13%), Vitamin B1: 0.1mg (6.49%), Vitamin B2: 0.07mg (4.28%), Vitamin B5: 0.43mg (4.26%), Iron: 0.72mg (4.02%), Zinc: 0.56mg (3.71%), Selenium: 1.84µg (2.63%), Vitamin E: 0.38mg (2.5%)