



Spicy Napa Cabbage Slaw with Cilantro Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cilantro leaves coarsely chopped
- ☐ 1 teaspoon ginger grated peeled
- ☐ 1.5 pounds napa cabbage cored
- ☐ 0.3 cup rice vinegar (not seasoned)
- ☐ 1 bunch spring onion sliced
- ☐ 1 serrano chiles fresh with seeds finely chopped
- ☐ 2 teaspoons sugar

☐ 2 tablespoons vegetable oil

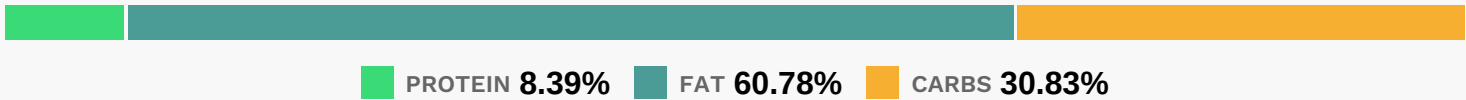
Equipment

☐ whisk

Directions

- ☐ Whisk together vinegar, sugar, ginger, oil, chile, and 1/2 teaspoon salt.
- ☐ Add remaining ingredients and toss well.
- ☐ Let stand, tossing occasionally, 10 minutes.

Nutrition Facts



Properties

Glycemic Index:57.77, Glycemic Load:2.61, Inflammation Score:-7, Nutrition Score:14.223478084025%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 101.16kcal (5.06%), Fat: 7.18g (11.04%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 5.88g (2.14%), Sugar: 4.62g (5.14%), Cholesterol: 0mg (0%), Sodium: 17.74mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin K: 104.27µg (99.31%), Vitamin C: 48.29mg (58.54%), Folate: 139.86µg (34.96%), Vitamin B6: 0.41mg (20.48%), Manganese: 0.35mg (17.71%), Vitamin A: 749.74IU (14.99%), Calcium: 137.86mg (13.79%), Potassium: 438.82mg (12.54%), Fiber: 2.32g (9.27%), Magnesium: 24.54mg (6.13%), Vitamin E: 0.86mg (5.7%), Vitamin B2: 0.09mg (5.58%), Phosphorus: 53.92mg (5.39%), Vitamin B1: 0.07mg (4.91%), Vitamin B3: 0.76mg (3.8%), Iron: 0.67mg (3.75%), Copper: 0.07mg (3.74%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.2mg (1.99%), Selenium: 1.18µg (1.68%)