

 **100%**
HEALTH SCORE

Spicy Soy Kale Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 1 cup carrots shredded
- ☐ 0.3 teaspoon sriracha
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 teaspoons sesame oil dark
- ☐ 4 cups torn kale leaves
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 0.5 cup radishes sliced

- ☐ 1 cup bell pepper red sliced
- ☐ 1 tablespoon rice vinegar
- ☐ 2 cups torn savoy cabbage leaves

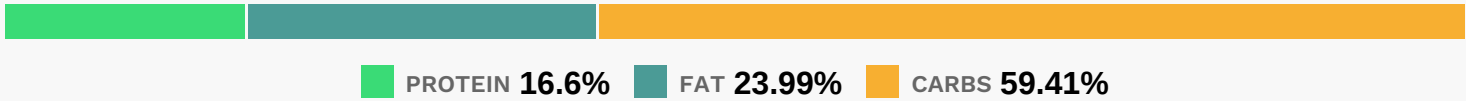
Equipment

- ☐ bowl

Directions

- ☐ Combine rice vinegar, soy sauce, sesame oil, brown sugar, and chili garlic sauce in a bowl.
- ☐ Add kale, cabbage, carrot, bell pepper, radish, and cilantro; toss.
- ☐ Let stand 8 minutes.

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:18.725217306096%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 58.39kcal (2.92%), Fat: 1.77g (2.72%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 5.51g (2%), Sugar: 4.52g (5.02%), Cholesterol: 0mg (0%), Sodium: 155.67mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin A: 6574.37IU (131.49%), Vitamin K: 115.26µg (109.78%), Vitamin C: 72.18mg (87.49%), Folate: 91.25µg (22.81%), Fiber: 4.34g (17.35%), Manganese: 0.31mg (15.75%), Vitamin B6: 0.28mg (14.22%), Potassium: 386.65mg (11.05%), Magnesium: 35.28mg (8.82%), Calcium: 76.04mg (7.6%), Vitamin B2: 0.12mg (6.88%), Vitamin B1: 0.1mg (6.75%), Phosphorus: 61.55mg (6.15%), Vitamin E: 0.81mg (5.37%), Vitamin B3: 0.92mg (4.59%), Iron: 0.79mg (4.41%), Copper: 0.08mg (3.9%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.43mg (2.88%), Selenium: 0.98µg (1.4%)