



Spicy-Sweet Asian Slaw with Pickled Daikon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds daikon radish peeled
- ☐ 3 spring onion cut into 2-in. lengths, then into long slivers
- ☐ 0.3 cup kosher salt
- ☐ 1.5 qts napa cabbage thinly sliced
- ☐ 2 cups cabbage red thinly sliced
- ☐ 4 serrano chiles cut into wide slices
- ☐ 2 tablespoons sesame oil toasted
- ☐ 3 tablespoons sesame seed toasted

- ☐ 1 cup sugar
- ☐ 1 cup vinegar white

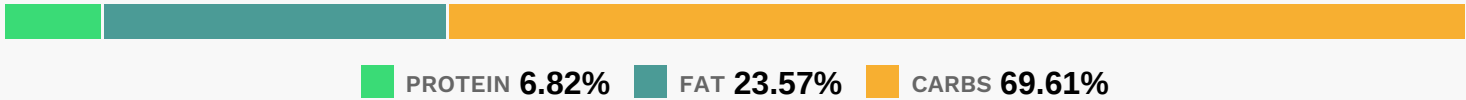
Equipment

- ☐ bowl

Directions

- ☐ Cut daikon lengthwise into 1/2-in. slices, then stack and cut into 1/2-in. cubes. Toss with salt in a medium bowl.
- ☐ Let stand about 2 hours, stirring occasionally, to draw out moisture. Rinse daikon well and drain. In bowl, stir sugar with vinegar until dissolved, then stir in daikon, oil, and chiles. Chill, covered, at least 4 hours and as long as 1 week.
- ☐ Drain daikon, reserving pickling liquid, and discard chiles. In a large bowl, toss together napa cabbage, onions, sesame seeds, and daikon.
- ☐ Add 1/2 cup pickling liquid (or more if you like) and toss to coat.
- ☐ Mix in red cabbage with a quick toss so its color doesn't bleed.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:19.86, Inflammation Score:-8, Nutrition Score:19.554347722427%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 203.11kcal (10.16%), Fat: 5.57g (8.57%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 32.47g (11.81%), Sugar: 30.67g (34.08%), Cholesterol: 0mg (0%), Sodium: 3578.74mg (155.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin C: 81.5mg (98.78%), Vitamin K: 95.02µg

(90.5%), Folate: 174.48µg (43.62%), Vitamin B6: 0.54mg (26.94%), Manganese: 0.54mg (26.89%), Calcium: 206.78mg (20.68%), Potassium: 706.92mg (20.2%), Fiber: 4.54g (18.16%), Vitamin A: 885.82IU (17.72%), Copper: 0.3mg (15.1%), Magnesium: 52.74mg (13.18%), Phosphorus: 100.7mg (10.07%), Iron: 1.65mg (9.16%), Vitamin B1: 0.13mg (8.67%), Vitamin B2: 0.14mg (8.19%), Vitamin B3: 1.18mg (5.89%), Zinc: 0.86mg (5.72%), Selenium: 3.18µg (4.55%), Vitamin B5: 0.35mg (3.47%), Vitamin E: 0.34mg (2.26%)