



Tasty Cabbage Salad

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce chicken chunks drained canned
- ☐ 32 ounce coleslaw mix shredded
- ☐ 1 teaspoon ground pepper black
- ☐ 6 ounce japanese ramen noodles crushed
- ☐ 2 teaspoons salt
- ☐ 1 cup vegetable oil
- ☐ 6 tablespoons distilled vinegar white
- ☐ 4 teaspoons sugar white

- ☐ 2 teaspoons monosodium glutamate MSG
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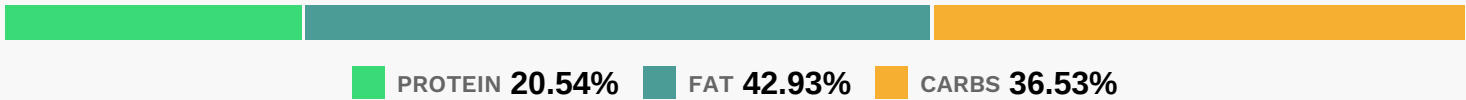
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together the oil, vinegar, salt, pepper, monosodium glutamate and sugar.
- ☐ In a large bowl, combine the coleslaw, chicken and noodles.
- ☐ Add dressing, and mix together well. Refrigerate until chilled and serve.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:12.25, Inflammation Score:-6, Nutrition Score:17.996521848699%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 327.04kcal (16.35%), Fat: 15.7g (24.15%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 25.53g (9.28%), Sugar: 7.95g (8.84%), Cholesterol: 23.62mg (7.87%), Sodium: 1607.73mg (69.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.79%), Vitamin K: 131.52µg (125.26%), Vitamin C: 55.42mg (67.18%), Vitamin B1: 0.38mg (25.62%), Folate: 98.05µg (24.51%), Manganese: 0.44mg (21.9%), Fiber: 4.52g (18.07%), Selenium: 12.1µg (17.28%), Vitamin B6: 0.3mg (15.14%), Phosphorus: 146.51mg (14.65%), Iron: 2.51mg (13.93%), Vitamin B3: 2.65mg (13.25%), Zinc: 1.7mg (11.35%), Potassium: 385.04mg (11%), Vitamin B2: 0.18mg (10.72%), Vitamin E: 1.4mg (9.36%), Vitamin B12: 0.54µg (9.06%), Magnesium: 34.39mg (8.6%), Calcium: 78.26mg (7.83%), Copper: 0.11mg (5.39%), Vitamin A: 237.03IU (4.74%), Vitamin B5: 0.4mg (4.03%)