



Thai Cabbage Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bell pepper red
- ☐ 1 cup carrots shredded
- ☐ 1 teaspoon chili paste depending on your taste pref with garlic
- ☐ 1 tablespoon creamy peanut butter
- ☐ 2 tablespoons roasted peanuts chopped
- ☐ 2 tablespoons fish sauce
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped

- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 6 cups napa cabbage shredded chinese ()
- ☐ 2 cups cabbage shredded red
- ☐ 3 tablespoons rice vinegar
- ☐ 1 tablespoon water

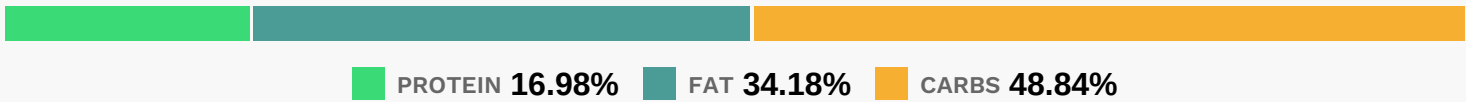
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl, stirring with a whisk until blended.
- ☐ Add cabbages, bell pepper, and carrot, and toss gently to coat. Cover and marinate in refrigerator 1 hour. Stir in the peanuts, cilantro, and mint just before serving.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:13.006956649863%

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 Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 59.55kcal (2.98%), Fat: 2.51g (3.86%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 5.66g (2.06%), Sugar: 3.73g (4.14%), Cholesterol: 0mg (0%), Sodium: 396.31mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin A: 3720.23IU (74.4%), Vitamin C: 55mg (66.66%), Vitamin K: 36.19µg (34.46%), Folate: 69.19µg (17.3%), Manganese: 0.32mg (16.15%), Vitamin B6: 0.3mg (14.84%), Potassium: 338.2mg (9.66%), Fiber: 2.39g (9.58%), Magnesium: 31.79mg (7.95%), Vitamin B3: 1.44mg (7.18%), Calcium: 69.46mg (6.95%), Phosphorus: 52.82mg (5.28%), Vitamin B1: 0.07mg (4.81%), Vitamin B2: 0.08mg (4.76%), Vitamin E: 0.69mg (4.6%), Iron: 0.66mg (3.67%), Copper: 0.07mg (3.41%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.39mg (2.62%), Selenium: 1.29µg (1.84%)