



Thai Style Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 1 birds eye chili chopped ()
- ☐ 1 large carrots julienned ()
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 1 tablespoon coconut milk
- ☐ 1 tablespoon fish sauce for vegetarian (or soy sauce)
- ☐ 1 handful mint leaves chopped ()
- ☐ 2 green onions sliced ()

- ☐ 1 juice of lime (juice)
- ☐ 1 tablespoon coconut sugar grated ()
- ☐ 1 bell pepper red thinly sliced ()
- ☐ 1 tablespoon roasted peanuts chopped ()

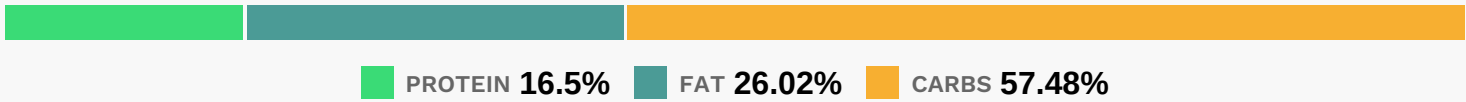
Equipment

- ☐ bowl

Directions

- ☐ Mix the bean sprouts, carrot, red pepper, green onion, cilantro and mint in a large bowl.
- ☐ Mix the coconut milk, fish sauce, lime juice, sugar and birds eye chili in a small bowl.
- ☐ Toss the salad in the dressing and sprinkle with chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:73.46, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:13.113043354905%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 69.36kcal (3.47%), Fat: 2.29g (3.52%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 8.77g (3.19%), Sugar: 6.77g (7.52%), Cholesterol: 0mg (0%), Sodium: 389.35mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin A: 4132.39IU (82.65%), Vitamin C: 51.85mg (62.85%), Vitamin K: 36.67µg (34.92%), Folate: 61.32µg (15.33%), Manganese: 0.28mg (14.19%), Fiber: 2.59g (10.37%), Vitamin B6: 0.19mg (9.69%), Magnesium: 33.5mg (8.37%), Potassium: 277.25mg (7.92%), Vitamin B3: 1.44mg (7.18%), Copper: 0.14mg (6.97%), Vitamin B2: 0.12mg (6.81%), Phosphorus: 60.53mg (6.05%), Vitamin B1: 0.09mg (5.88%), Iron: 1.04mg (5.8%), Vitamin E: 0.72mg (4.8%), Vitamin B5: 0.41mg (4.1%), Zinc: 0.46mg (3.06%),

Calcium: 28.5mg (2.85%), Selenium: 1.01µg (1.45%)