



WHATSheATE



Warm Sesame Slaw Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 tablespoons canola oil



3 tablespoons honey



1 small head cabbage shredded red



3 tablespoons rice wine vinegar



4 servings salt and pepper black freshly ground



1 tablespoon sesame oil



3 tablespoons sesame seed toasted

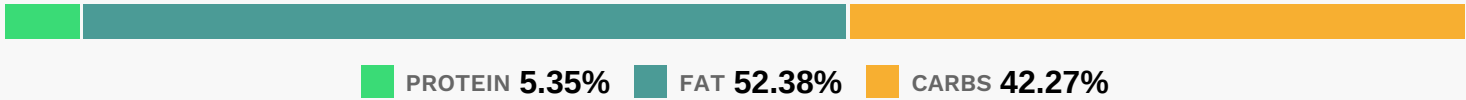
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in large skillet over high heat. Stir-fry the cabbage 5 minutes then season with salt and pepper, to taste, and add vinegar and honey, sesame seeds and oil.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:50.32, Glycemic Load:9.42, Inflammation Score:-9, Nutrition Score:15.804347805355%

Flavonoids

Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 221.43kcal (11.07%), Fat: 13.71g (21.09%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 21.16g (7.69%), Sugar: 18.38g (20.43%), Cholesterol: 0mg (0%), Sodium: 39.82mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin C: 80.88mg (98.03%), Vitamin K: 59.78µg (56.93%), Vitamin A: 1583.02IU (31.66%), Manganese: 0.52mg (26.2%), Vitamin B6: 0.35mg (17.39%), Fiber: 3.74g (14.97%), Copper: 0.28mg (13.84%), Calcium: 124.4mg (12.44%), Iron: 2.09mg (11.59%), Magnesium: 44.35mg (11.09%), Potassium: 382.29mg (10.92%), Vitamin E: 1.45mg (9.64%), Vitamin B1: 0.14mg (9.22%), Phosphorus: 81.53mg (8.15%), Folate: 31.67µg (7.92%), Vitamin B2: 0.12mg (6.99%), Zinc: 0.81mg (5.43%), Selenium: 3.11µg (4.44%), Vitamin B3: 0.88mg (4.42%), Vitamin B5: 0.22mg (2.23%)