



Warm Shiitake Slaw



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 3 cloves garlic finely chopped
- ☐ 1 juice of lime juiced
- ☐ 0.8 pound napa cabbage shredded
- ☐ 0.5 pound mushroom caps stemmed thinly sliced
- ☐ 3 tablespoons tamari sauce
- ☐ 3 tablespoons vegetable oil

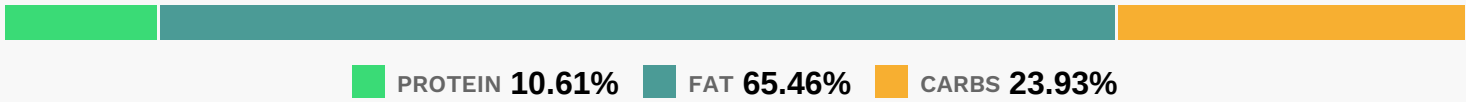
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in large skillet over high heat.
- ☐ Add the mushrooms and stir-fry 1 minute.
- ☐ Add the garlic and cabbage and stir-fry for 2 to 3 minutes more. Stir in the soy sauce, black pepper, lime juice and the toasted sesame seeds.
- ☐ Transfer to a serving bowl and serve.
- ☐ Toasted sesame seeds, for garnish (sold already toasted in large shaker jars on Asian foods aisle) .

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:11.800869361214%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 136.63kcal (6.83%), Fat: 10.68g (16.43%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 6.14g (2.23%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 767.42mg (33.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Vitamin K: 55.49µg (52.85%), Vitamin C: 25.92mg (31.41%), Vitamin B6: 0.42mg (21.07%), Manganese: 0.41mg (20.55%), Folate: 77.82µg (19.46%), Vitamin B3: 3.1mg (15.5%), Potassium: 422.53mg (12.07%), Vitamin B2: 0.19mg (11.17%), Phosphorus: 110.37mg (11.04%), Fiber: 2.65g (10.59%), Vitamin B5: 1.01mg (10.15%), Calcium: 74.89mg (7.49%), Magnesium: 29.13mg (7.28%), Copper: 0.14mg (6.97%), Vitamin E: 0.96mg (6.37%), Selenium: 4.18µg (5.97%), Zinc: 0.87mg (5.81%), Vitamin A: 274.95IU (5.5%),

Iron: 0.87mg (4.86%), Vitamin B1: 0.06mg (3.8%), Vitamin D: 0.23µg (1.51%)