



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Spicy Napa Cabbage Slaw with Cilantro Dressing ♦

Spicy Napa Cabbage Slaw with Cilantro Dressing is a refreshing and flavorful vegetarian dish. It is made with crisp Napa cabbage, spicy jalapenos, and a zesty cilantro dressing. This slaw is perfect for picnics, barbecues, or as a side dish for any meal. The combination of spicy and tangy flavors makes it a crowd-pleaser.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Napa Cabbage
30 g	Jalapenos
20 g	Cilantro
4 tbsp	lime juice

2 tbsp	olive oil
2	garlic
cloves	
1 tsp	salt
0.5 tsp	black pepper
1 tsp	sugar

Directions

Step 1

Cut

Shred the Napa cabbage and thinly slice the jalapenos.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, whisk together lime juice, olive oil, minced garlic, salt, black pepper, and sugar to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the shredded cabbage, sliced jalapenos, and chopped cilantro. Pour the dressing over the slaw and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate the slaw for at least 1 hour to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Spicy Napa Cabbage Slaw with Cilantro Dressing chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 70 kcal

Fat: 4 g

Protein: 2 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	180 mg	5.29%	6.92%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring Summer

Events

Barbecue Picnic

Course

Salads Snacks

Cultural

Chinese New Year

Demographics

Lactation Friendly

Diet

Mediterranean Diet Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet

Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet

The Gerson Therapy The Subway Diet The 3-Day Diet The Eat-Clean Diet

The Bulletproof Diet The Carnivore Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com