



Bright Fruit and Vegetable Salad (Rojak)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cucumber english halved lengthwise cut into (1/4-inch-thick) slices (1 1/2 cups)
- ☐ 0.5 cup bean sprouts fresh
- ☐ 0.5 cup green beans trimmed halved
- ☐ 1.3 cups julienne-cut jicama peeled
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup mangos diced peeled
- ☐ 0.3 cup chunky peanut butter natural-style
- ☐ 1.5 cups pineapple diced

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon thai chiles red minced seeded (2 chiles)
- ☐ 1.5 ounces fried tofu cut into 1/2-inch strips

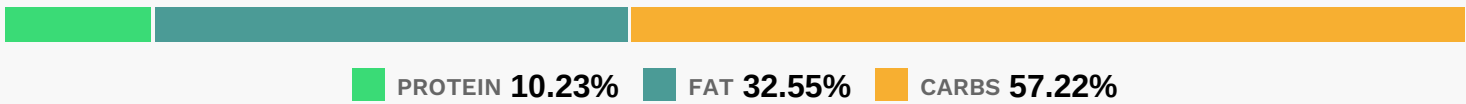
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine sugar and juice in a small bowl, stirring with a whisk.
- ☐ Add peanut butter, chiles, and salt; stir with a whisk until well combined.
- ☐ Cook green beans in boiling water 4 minutes or until crisp-tender.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Combine beans, pineapple, and remaining ingredients in a large bowl.
- ☐ Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:33.81, Glycemic Load:7.67, Inflammation Score:-4, Nutrition Score:6.7773912730424%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 115.56kcal (5.78%), Fat: 4.52g (6.96%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 15.42g (5.61%), Sugar: 12.95g (14.39%), Cholesterol: 0mg (0%), Sodium: 182.89mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin C: 31.62mg (38.32%), Manganese: 0.47mg (23.6%), Fiber: 2.48g (9.91%), Vitamin K: 9.22µg (8.78%), Vitamin B3: 1.48mg (7.41%), Folate: 28.1µg (7.03%), Magnesium: 27.4mg (6.85%), Vitamin E: 1mg (6.64%), Vitamin B6: 0.12mg (6.11%), Copper: 0.12mg (5.9%), Potassium: 194.03mg (5.54%), Phosphorus: 47.44mg (4.74%), Vitamin A: 227.85IU (4.56%), Vitamin B1: 0.06mg (4.15%), Iron: 0.65mg (3.6%), Vitamin B2: 0.06mg (3.56%), Vitamin B5: 0.3mg (2.98%), Calcium: 26.12mg (2.61%), Zinc: 0.38mg (2.51%), Selenium: 0.76µg (1.08%)