



Carrot and Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce matchstick-cut carrots
- ☐ 2 teaspoons canola oil
- ☐ 2 cups cucumber seeded chopped
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar

- ☐ 1 teaspoon sesame seed toasted
- ☐ 1 teaspoon sugar

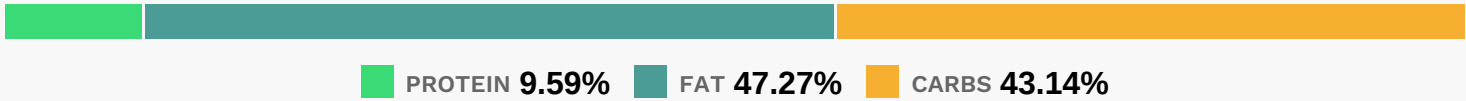
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl, stirring well with a whisk.
- ☐ Add cucumber and carrot; toss well.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:6.8291305821875%

Nutrients (% of daily need)

Calories: 42.05kcal (2.1%), Fat: 2.25g (3.47%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 3.28g (1.19%), Sugar: 2.69g (2.98%), Cholesterol: 0mg (0%), Sodium: 244.47mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin A: 4936.73IU (98.73%), Vitamin K: 6.63µg (6.31%), Manganese: 0.12mg (5.8%), Fiber: 1.35g (5.41%), Potassium: 153.6mg (4.39%), Folate: 17.18µg (4.29%), Copper: 0.07mg (3.66%), Vitamin B6: 0.07mg (3.48%), Magnesium: 12.73mg (3.18%), Phosphorus: 29.07mg (2.91%), Iron: 0.52mg (2.86%), Vitamin C: 2.09mg (2.54%), Vitamin B5: 0.24mg (2.42%), Vitamin B2: 0.04mg (2.17%), Calcium: 20.91mg (2.09%), Vitamin B1: 0.03mg (1.73%), Vitamin E: 0.24mg (1.62%), Vitamin B3: 0.3mg (1.48%), Zinc: 0.19mg (1.25%)