



Citrus Ponzu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup carrots shredded
- 0.5 cup green onions diagonally sliced
- 1 tablespoon juice of lemon
- 0.3 cup soya sauce low-sodium
- 0.3 cup orange juice
- 0.3 cup rice vinegar
- 2 teaspoons sugar

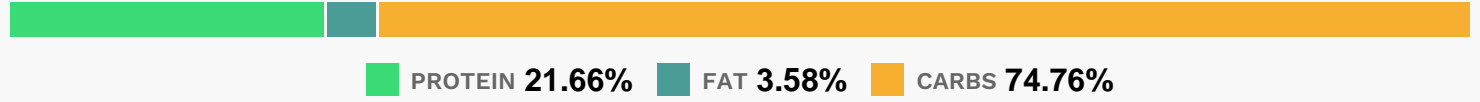
Equipment

bowl

Directions

Combine all ingredients in a small bowl; stir well.

Nutrition Facts



Properties

Glycemic Index:15.68, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:1.2669565305114%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 8.68kcal (0.43%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.03%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.44g (0.52%), Sugar: 1.04g (1.15%), Cholesterol: 0mg (0%), Sodium: 145.45mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.93%), Vitamin A: 373.08IU (7.46%), Vitamin K: 6.74µg (6.42%), Vitamin C: 3.01mg (3.64%), Manganese: 0.03mg (1.38%), Folate: 5.48µg (1.37%), Potassium: 37.86mg (1.08%), Magnesium: 4.14mg (1.03%)