



Crunchy Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



39 kcal

SIDE DISH

Ingredients

- 1 large carrots cut into thin strips
- 1 teaspoon chili-sesame oil hot
- 1 tablespoon juice of lime
- 0.3 teaspoon pepper freshly ground
- 1 teaspoon sugar
- 1 baby squash yellow cut into thin strips
- 2 small zucchini cut into thin strips

Equipment

bowl

whisk

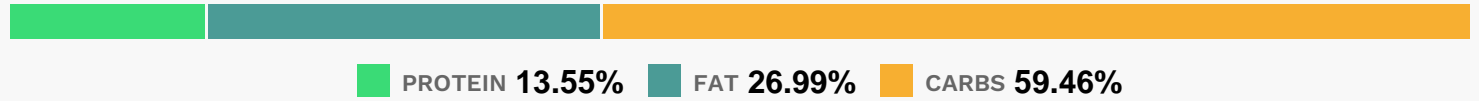
Directions

Whisk together first 3 ingredients in a large bowl.

Add zucchini, carrot, and squash, and toss.

Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:48.98, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:8.0713043783022%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 39.19kcal (1.96%), Fat: 1.33g (2.05%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 4.91g (1.79%), Sugar: 4.47g (4.96%), Cholesterol: 0mg (0%), Sodium: 18.23mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin A: 3225.64IU (64.51%), Vitamin C: 21.08mg (25.55%), Manganese: 0.23mg (11.63%), Vitamin B6: 0.23mg (11.48%), Potassium: 346.04mg (9.89%), Folate: 32.19µg (8.05%), Vitamin B2: 0.14mg (8.03%), Fiber: 1.68g (6.72%), Vitamin K: 6.75µg (6.42%), Magnesium: 21.62mg (5.41%), Phosphorus: 48.06mg (4.81%), Vitamin B1: 0.06mg (4.2%), Vitamin B3: 0.69mg (3.44%), Copper: 0.07mg (3.36%), Iron: 0.46mg (2.55%), Zinc: 0.38mg (2.52%), Vitamin B5: 0.25mg (2.52%), Calcium: 23.82mg (2.38%), Vitamin E: 0.27mg (1.81%)