



Cucumber-Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup carrots sliced
- 0.5 cucumber halved lengthwise seeded sliced
- 0.3 teaspoon ginger grated peeled
- 2 tablespoons green onion sliced
- 2 tablespoons bell pepper red minced
- 0.3 teaspoon salt
- 0.3 cup seasoned rice vinegar
- 0.5 teaspoon vegetable oil

1 teaspoon sugar white

Equipment

bowl

whisk

plastic wrap

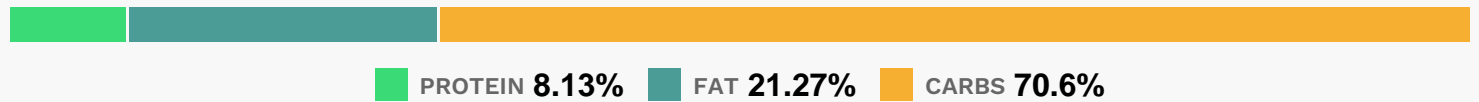
Directions

Whisk rice vinegar, sugar, vegetable oil, ginger, and salt together in a bowl until sugar and salt are dissolved into a smooth dressing.

Toss carrot, green onion, bell pepper, and cucumber in the dressing to evenly coat.

Cover bowl with plastic wrap and refrigerate until chilled, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:130.46, Glycemic Load:3.81, Inflammation Score:-10, Nutrition Score:10.473043472871%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 63.16kcal (3.16%), Fat: 1.45g (2.22%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 8.13g (2.96%), Sugar: 6.61g (7.35%), Cholesterol: 0mg (0%), Sodium: 338.37mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Vitamin A: 11096.84IU (221.94%), Vitamin K: 28.79µg (27.42%), Vitamin C: 19.22mg (23.3%), Fiber: 2.67g (10.69%), Potassium: 344.76mg (9.85%), Manganese: 0.19mg (9.26%), Vitamin B6: 0.16mg (7.88%), Folate: 30.81µg (7.7%), Vitamin B1: 0.07mg (4.92%), Magnesium: 19.43mg (4.86%), Vitamin E: 0.72mg (4.78%), Copper: 0.09mg (4.57%), Phosphorus: 44.15mg (4.41%), Vitamin B2: 0.07mg (4.06%), Vitamin B3: 0.78mg (3.91%), Vitamin B5: 0.39mg (3.89%), Calcium: 38.74mg (3.87%), Iron: 0.5mg (2.78%), Zinc: 0.33mg (2.22%)