



Cucumber Carrot Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon sugar
- 2 cucumber seedless cored seeded quartered
- 6 servings lettuce for serving
- 1 carrots shredded
- 2 tablespoons juice of lime fresh
- 1.5 tablespoons fish sauce (preferably naam pla)
- 1 garlic clove minced mashed

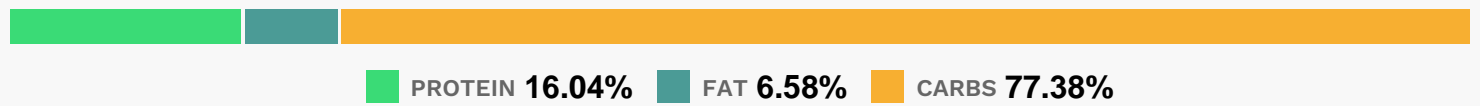
Equipment

bowl

Directions

- In a bowl stir together garlic paste, lime juice, fish sauce, sugar, and chili until sugar is dissolved.
- Thinly slice cucumbers crosswise and add to garlic mixture with carrot. Toss salad well. Salad may be made 4 hours ahead and kept chilled, covered, but cucumber will wilt and give off liquid.
- Serve salad in lettuce "cups."

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:7.4691304797712%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 39.9kcal (1.99%), Fat: 0.32g (0.5%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 6.44g (2.34%), Sugar: 5.86g (6.52%), Cholesterol: 0mg (0%), Sodium: 371.37mg (16.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Vitamin A: 2220.31IU (44.41%), Vitamin K: 30.03µg (28.6%), Folate: 44.55µg (11.14%), Manganese: 0.22mg (10.93%), Vitamin C: 7.97mg (9.66%), Potassium: 314.88mg (9%), Fiber: 2.08g (8.33%), Magnesium: 27.85mg (6.96%), Vitamin B6: 0.13mg (6.42%), Copper: 0.1mg (5.15%), Vitamin B1: 0.08mg (5.13%), Phosphorus: 44.14mg (4.41%), Iron: 0.66mg (3.69%), Calcium: 36.94mg (3.69%), Vitamin B5: 0.36mg (3.63%), Vitamin B2: 0.06mg (3.38%), Zinc: 0.35mg (2.31%), Vitamin B3: 0.36mg (1.8%), Vitamin E: 0.27mg (1.79%)