



Cucumber-Carrot Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup carrots sliced



0.3 teaspoon gingerroot grated peeled



2 tablespoons green onions sliced



2 tablespoons bell pepper red finely chopped



0.1 teaspoon salt



0.3 cup seasoned rice vinegar



1 teaspoon sugar



0.5 teaspoon vegetable oil

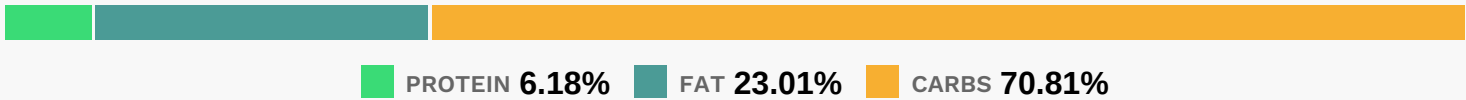
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a medium bowl; stir with a whisk.
- ☐ Add carrot and remaining ingredients; toss to coat. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:122.96, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:8.9726086816062%

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: 54.16kcal (2.71%), Fat: 1.33g (2.04%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 191.52mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin A: 11042.84IU (220.86%), Vitamin K: 23.39µg (22.28%), Vitamin C: 16.82mg (20.39%), Fiber: 2.15g (8.59%), Potassium: 242.73mg (6.94%), Manganese: 0.13mg (6.5%), Vitamin B6: 0.12mg (5.97%), Folate: 20.31µg (5.08%), Vitamin E: 0.69mg (4.63%), Vitamin B3: 0.75mg (3.77%), Vitamin B1: 0.05mg (3.37%), Vitamin B2: 0.05mg (2.96%), Phosphorus: 28.4mg (2.84%), Calcium: 28.15mg (2.82%), Magnesium: 10.43mg (2.61%), Vitamin B5: 0.21mg (2.09%), Copper: 0.04mg (1.9%), Iron: 0.33mg (1.86%), Zinc: 0.2mg (1.37%)