



Daikon-Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.8 teaspoons sesame seed black
- 1 pound carrots
- 1.5 pounds daikon peeled
- 1 tablespoon ginger grated peeled
- 6 servings kosher salt
- 2 teaspoons juice of lime fresh
- 1 teaspoon sesame oil toasted
- 3 tablespoons unseasoned rice vinegar

0.3 cup vegetable oil

Equipment

- bowl
- frying pan
- whisk
- colander
- peeler

Directions

- Shave the daikon into ribbons with a vegetable peeler. Toss with 1/4 teaspoon salt in a colander; let drain in the sink, tossing occasionally, about 15 minutes. Meanwhile, shave the carrots into ribbons with the peeler.
- Whisk the ginger, vinegar, lime juice and 1/2 teaspoon salt in a large bowl. Slowly whisk in the vegetable oil and sesame oil until blended.
- Toast the sesame seeds in a skillet over medium heat, tossing occasionally, until the white seeds are golden, about 5 minutes.
- Add 1 tablespoon seeds to the dressing.
- Toss the daikon and carrots with the dressing and season with salt. Top with the remaining sesame seeds.
- Photograph by Con Poulos

Nutrition Facts



PROTEIN 4.08% **FAT 62.62%** **CARBS 33.3%**

Properties

Glycemic Index:29.81, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:12.409565236257%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.57mg,

Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 143.73kcal (7.19%), Fat: 10.34g (15.91%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 8.35g (3.04%), Sugar: 6.47g (7.19%), Cholesterol: 0mg (0%), Sodium: 270.18mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin A: 12630.41IU (252.61%), Vitamin C: 29.97mg (36.32%), Vitamin K: 27.13µg (25.83%), Fiber: 4.03g (16.12%), Potassium: 509.05mg (14.54%), Folate: 46.98µg (11.74%), Copper: 0.19mg (9.6%), Manganese: 0.17mg (8.67%), Vitamin E: 1.26mg (8.4%), Vitamin B6: 0.16mg (8.18%), Magnesium: 29.98mg (7.5%), Calcium: 62.27mg (6.23%), Phosphorus: 57.16mg (5.72%), Vitamin B1: 0.08mg (5.19%), Vitamin B3: 1.01mg (5.04%), Iron: 0.78mg (4.33%), Vitamin B2: 0.07mg (4.04%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.4mg (2.69%), Selenium: 1.12µg (1.6%)