



Fresh Cucumber Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



29 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots grated
- 2 small cucumber peeled seeded
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons rice wine vinegar
- 1 teaspoon soya sauce
- 2 teaspoons sriracha
- 1 small or chopped

Equipment

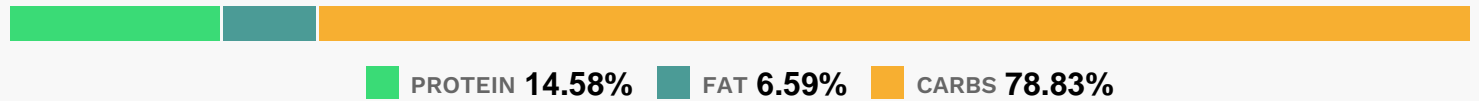
bowl

Directions

Halve and thinly slice the cucumber. Then place into a medium bowl with the grated carrots and shallots. In a small bowl, mix together the vinegar, Sriracha and soy sauce. Toss with the vegetables and season with salt and pepper only if needed.

Serve.

Nutrition Facts



Properties

Glycemic Index:47.21, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:7.7547825924728%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 29.3kcal (1.46%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.21g (1.53%), Sugar: 3.08g (3.42%), Cholesterol: 0mg (0%), Sodium: 160.21mg (6.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin A: 5156.25IU (103.12%), Vitamin K: 9.98µg (9.5%), Vitamin C: 6.32mg (7.66%), Manganese: 0.15mg (7.26%), Potassium: 233.46mg (6.67%), Fiber: 1.65g (6.6%), Vitamin B6: 0.11mg (5.52%), Folate: 19.39µg (4.85%), Copper: 0.08mg (3.99%), Magnesium: 15.4mg (3.85%), Phosphorus: 33.66mg (3.37%), Vitamin B1: 0.05mg (3.34%), Vitamin B5: 0.3mg (3%), Vitamin B2: 0.04mg (2.52%), Calcium: 24.82mg (2.48%), Iron: 0.4mg (2.21%), Vitamin B3: 0.41mg (2.04%), Zinc: 0.24mg (1.62%), Vitamin E: 0.23mg (1.54%)