



## Mexican Cucumber and Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



32 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 ounce baby carrots
- 1 teaspoon chili powder
- 1 cucumber sliced
- 1 juice of lime juiced
- 0.3 teaspoon salt

### Equipment

- bowl

## Directions

- Combine the cucumber, baby carrots, lime juice, chili powder, salt, and cayenne pepper in a bowl; toss to combine evenly.

## Nutrition Facts

 **PROTEIN 10.41%**  **FAT 7%**  **CARBS 82.59%**

## Properties

Glycemic Index:3.75, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:8.3213043679362%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 32.13kcal (1.61%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 4.8g (1.74%), Sugar: 3.9g (4.33%), Cholesterol: 0mg (0%), Sodium: 199.42mg (8.67%), Alcohol: 0g (100%), Protein: 0.9g (1.81%), Vitamin A: 8024.8IU (160.5%), Vitamin K: 11.3µg (10.76%), Fiber: 2.37g (9.49%), Manganese: 0.15mg (7.53%), Vitamin C: 6.13mg (7.43%), Potassium: 254.93mg (7.28%), Folate: 26.7µg (6.67%), Copper: 0.12mg (5.85%), Vitamin B6: 0.11mg (5.56%), Iron: 0.76mg (4.25%), Vitamin B5: 0.42mg (4.21%), Magnesium: 16.02mg (4%), Phosphorus: 34.18mg (3.42%), Calcium: 31.43mg (3.14%), Vitamin B1: 0.04mg (2.89%), Vitamin B2: 0.05mg (2.65%), Vitamin B3: 0.41mg (2.06%), Zinc: 0.25mg (1.68%), Vitamin E: 0.23mg (1.53%)