



Oriental Salad with Spicy Ginger Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



9 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 servings spicy ginger sauce



6 servings peanuts



3 tablespoons rice vinegar

Equipment

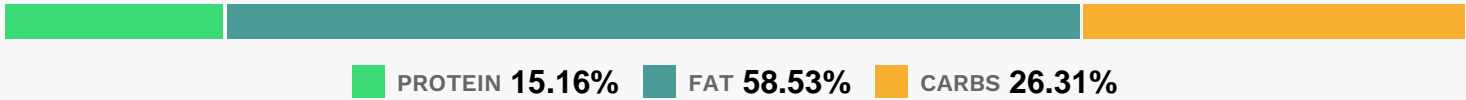


bowl

Directions

- ☐
- Combine first 8 ingredients in a large bowl; toss well.
- ☐
- Pour Spicy Ginger Sauce over mixture; toss well.
- ☐
- Sprinkle with peanuts, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.362173911589%

Nutrients (% of daily need)

Calories: 8.74kcal (0.44%), Fat: 0.51g (0.79%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 0.64mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Manganese: 0.04mg (1.77%)