



Sweet and Sour Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup pepperoncini peppers chopped
- 0.8 cup carrots shredded
- 4 cups bean sprouts fresh
- 1 garlic clove crushed
- 0.5 cup bell pepper green thinly sliced
- 0.3 cup green onions sliced
- 0.1 teaspoon hot sauce
- 0.5 cup bell pepper red thinly sliced

- 0.3 teaspoon salt
- 1 tablespoon sesame oil
- 3 tablespoons sugar
- 0.5 cup vinegar white

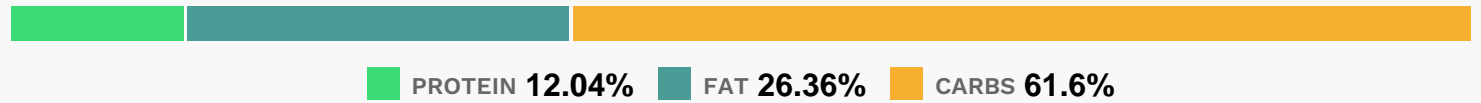
Equipment

- bowl
- whisk

Directions

- Combine the first 6 ingredients in a medium bowl, tossing well.
- Combine the vinegar and remaining ingredients, stirring well with a whisk.
- Pour the vinegar mixture over sprout mixture, tossing gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:67.73, Glycemic Load:7.5, Inflammation Score:-10, Nutrition Score:16.393478124038%

Flavonoids

Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 126.16kcal (6.31%), Fat: 3.91g (6.02%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 16.87g (6.13%), Sugar: 15.96g (17.74%), Cholesterol: 0mg (0%), Sodium: 175.61mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 4772.27IU (95.45%), Vitamin C: 61.87mg (74.99%), Vitamin K: 53.94µg (51.38%), Folate: 84.71µg (21.18%), Manganese: 0.32mg (16.1%), Fiber: 3.69g (14.78%), Vitamin B6: 0.26mg (13.08%), Copper: 0.21mg (10.71%), Vitamin B2: 0.18mg (10.34%), Potassium: 344.78mg (9.85%), Vitamin B1: 0.14mg (9.01%), Phosphorus: 80.36mg (8.04%), Magnesium: 31.9mg (7.98%), Iron: 1.32mg (7.33%), Vitamin B3: 1.42mg (7.11%), Vitamin B5: 0.57mg (5.68%), Vitamin E: 0.76mg (5.09%), Zinc: 0.61mg (4.08%), Calcium: 33.65mg (3.37%), Selenium: 1.05µg (1.5%)