



Thai carrot & radish salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tbsp chilli sauce sweet
- ☐ 1 lime zest
- ☐ 1 tsp fish sauce
- ☐ 1 lettuce separated
- ☐ 2 carrots cut into thin batons
- ☐ 10 radishes sliced
- ☐ 4 spring onion
- ☐ 1 handful cilantro leaves roughly chopped

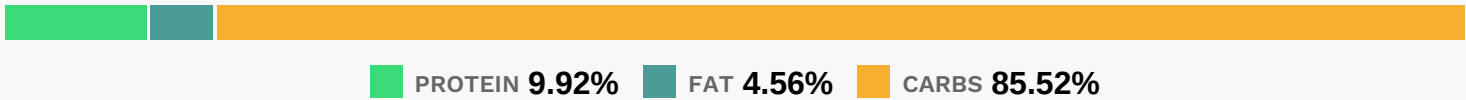
Equipment

☐ bowl

Directions

- ☐ Mix the chilli sauce with the lime zest and juice, and fish sauce to make the dressing.
- ☐ Arrange the lettuce in a large salad bowl. Toss all the remaining ingredients with the dressing just before you are ready to eat, to keep everything crisp and fresh, then add to the lettuce.

Nutrition Facts



Properties

Glycemic Index:51.71, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:12.375652162601%

Flavonoids

Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 77.61kcal (3.88%), Fat: 0.44g (0.67%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 14.85g (5.4%), Sugar: 13.04g (14.49%), Cholesterol: 0mg (0%), Sodium: 328.89mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Vitamin A: 5968.15IU (119.36%), Vitamin K: 64.67µg (61.59%), Vitamin C: 14.46mg (17.53%), Folate: 57.78µg (14.44%), Fiber: 3.54g (14.17%), Manganese: 0.25mg (12.36%), Potassium: 370.63mg (10.59%), Vitamin B6: 0.13mg (6.39%), Vitamin B1: 0.09mg (5.94%), Iron: 0.99mg (5.47%), Calcium: 52.3mg (5.23%), Magnesium: 20.38mg (5.1%), Phosphorus: 47.67mg (4.77%), Vitamin B2: 0.07mg (4.16%), Copper: 0.08mg (3.81%), Vitamin E: 0.57mg (3.81%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.28mg (2.75%), Zinc: 0.38mg (2.51%)