



## Wortel Sambal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

### Ingredients

- 1 pound carrots shredded
- 1 tablespoon ginger fresh minced
- 1 garlic clove minced
- 2 cardamom pods green
- 1 chilies dried red hot
- 1 teaspoon sea salt
- 1.5 cups sugar
- 0.5 cup water

0.8 cup vinegar white

## Equipment

bowl

sauce pan

mortar and pestle

## Directions

Remove seeds from cardamom pods, and discard pods.

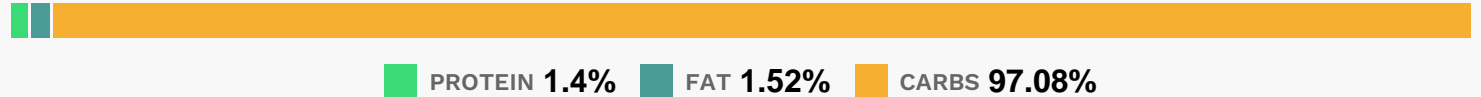
Combine cardamom seeds and chile in a spice mill or mortar and pestle; grind into a powder.

Combine cardamom mixture, carrot, and next 5 ingredients in a medium saucepan over medium-high heat. Bring to a boil, and cook, stirring occasionally, 30 minutes.

Add vinegar; reduce heat, and simmer 30 more minutes or until thickened.

Transfer mixture to a bowl; cover and chill at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:36.15, Glycemic Load:37.4, Inflammation Score:-10, Nutrition Score:8.2843478296114%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 233.25kcal (11.66%), Fat: 0.4g (0.62%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 55.58g (20.21%), Sugar: 53.56g (59.51%), Cholesterol: 0mg (0%), Sodium: 442.3mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.67%), Vitamin A: 12651.64IU (253.03%), Manganese: 0.33mg (16.35%), Vitamin K: 10.08µg (9.6%), Fiber: 2.36g (9.44%), Potassium: 259.5mg (7.41%), Vitamin C: 4.84mg (5.87%), Vitamin B6: 0.11mg (5.73%), Vitamin B3: 0.77mg (3.85%), Folate: 14.55µg (3.64%), Vitamin B1: 0.05mg (3.5%), Vitamin E: 0.5mg (3.37%), Vitamin B2: 0.06mg (3.32%), Calcium: 31.87mg (3.19%), Phosphorus: 30.22mg (3.02%), Magnesium: 11.82mg (2.96%), Copper: 0.05mg (2.49%), Vitamin B5: 0.21mg (2.13%), Iron: 0.38mg (2.1%),

Zinc: 0.25mg (1.69%)