

Israeli Salad

Yield: 2 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-sufganiyot-recipe>

Ingredients:

- 1 tomato ripe
- 1 cucumber medium, or 3 small ones
- 1 carrot medium, peeled
- 2 1/2 tablespoons red onion finely chopped
- 5 radishes red globe
- 1/2 beet a small, peeled
- 1/2 kohlrabi a small, peeled
- 1 handful arugula lettuce can be substituted
- 1/4 cup flat leaf parsley finely chopped, or cilantro

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 26 grams
3. Fiber: 9 grams
4. Protein: 5 grams
5. Sodium: 90 milligrams
6. Sugar: 14 grams

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