



Balsamic Carrot Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 pounds carrots ()
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons oregano fresh minced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons balsamic vinegar white

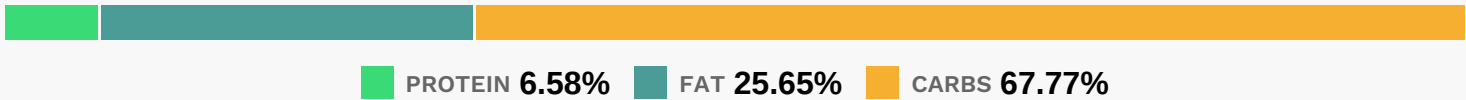
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a large bowl, tossing to coat carrots. Cover and chill at least 1 hour or overnight to enhance flavors.

Nutrition Facts



Properties

Glycemic Index:24.48, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:9.8026086402976%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 68.2kcal (3.41%), Fat: 2.05g (3.16%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 8.76g (3.19%), Sugar: 6.01g (6.67%), Cholesterol: 0mg (0%), Sodium: 152.37mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin A: 18986.94IU (379.74%), Vitamin K: 20.8µg (19.81%), Fiber: 3.43g (13.73%), Potassium: 380.13mg (10.86%), Manganese: 0.22mg (10.76%), Vitamin B6: 0.17mg (8.6%), Vitamin C: 7.07mg (8.57%), Vitamin E: 1.11mg (7.37%), Folate: 23.07µg (5.77%), Vitamin B3: 1.15mg (5.75%), Vitamin B1: 0.08mg (5.18%), Calcium: 48.52mg (4.85%), Phosphorus: 42.68mg (4.27%), Vitamin B2: 0.07mg (4.13%), Magnesium: 15.86mg (3.97%), Iron: 0.59mg (3.28%), Vitamin B5: 0.32mg (3.22%), Copper: 0.06mg (2.97%), Zinc: 0.3mg (2.01%)