



Candy-Stripe Beet and Carrot Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



14 kcal

SIDE DISH

Ingredients

- ☐ 1 medium carrots julienned peeled
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons orange juice fresh
- ☐ 1 teaspoon orange zest finely grated
- ☐ 0.3 cup greek yogurt plain greek-style

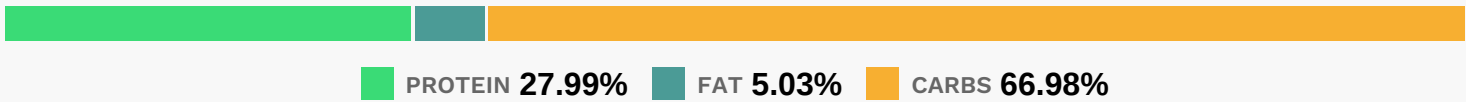
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk yogurt, orange zest and juice, lemonjuice, and dill in a medium bowl.
- ☐ Add beetsand carrot and toss to combine. Season totaste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:2.7860869234023%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 14.23kcal (0.71%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.53g (1.7%), Cholesterol: 0.42mg (0.14%), Sodium: 10.2mg (0.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin A: 1723.02IU (34.46%), Vitamin C: 6.33mg (7.67%), Vitamin B2: 0.03mg (1.94%), Potassium: 66.39mg (1.9%), Phosphorus: 16.81mg (1.68%), Manganese: 0.03mg (1.52%), Calcium: 14.81mg (1.48%), Fiber: 0.37g (1.48%), Folate: 5.78µg (1.45%), Vitamin K: 1.51µg (1.44%), Vitamin B6: 0.02mg (1.25%), Selenium: 0.85µg (1.22%), Vitamin B1: 0.02mg (1.16%)