



Carrot and Cranberry Salad with Fresh Ginger Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups carrots grated peeled
- ☐ 2 ginger fresh peeled chopped
- ☐ 7 large spring onion
- ☐ 0.5 cup seasoned rice vinegar
- ☐ 0.5 cup cranberries dried sweetened

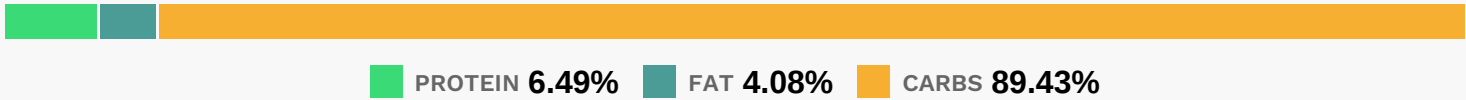
Equipment

- ☐ blender

Directions

- ☐ Cut tops off onions.
- ☐ Cut tops lengthwise into thin strips; cut strips into 2-inch pieces. Chop half of onion bottoms.
- ☐ Place remaining bottoms in blender; add vinegar and ginger. Puree, occasionally scraping down sides of blender jar. Strain puree into measuring cup, pressing enough solids through to yield 1/2 cup dressing; season with pepper.
- ☐ Place carrots and cranberries in large bowl.
- ☐ Add onion tops and bottoms. Toss with enough dressing to coat.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:10.298260874074%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 60.84kcal (3.04%), Fat: 0.29g (0.45%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 11.53g (4.19%), Sugar: 9.08g (10.09%), Cholesterol: 0mg (0%), Sodium: 48.58mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin A: 10909.93IU (218.2%), Vitamin K: 54.31µg (51.72%), Fiber: 2.8g (11.19%), Vitamin C: 7.99mg (9.69%), Manganese: 0.16mg (7.97%), Potassium: 276.47mg (7.9%), Folate: 26.35µg (6.59%), Vitamin B6: 0.11mg (5.37%), Vitamin E: 0.71mg (4.71%), Vitamin B3: 0.8mg (3.99%), Calcium: 38.79mg (3.88%), Vitamin B1: 0.06mg (3.71%), Vitamin B2: 0.06mg (3.37%), Magnesium: 13.27mg (3.32%), Phosphorus: 32.33mg (3.23%), Iron: 0.56mg (3.11%), Copper: 0.06mg (2.83%), Vitamin B5: 0.21mg (2.11%), Zinc: 0.25mg (1.69%)