



Carrot-and-Jalapeño Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups carrots diagonally sliced (8)
- 2 cups cider vinegar
- 8 garlic cloves halved
- 8 cups iceberg lettuce thinly sliced
- 0.5 cup pickled jalapeño peppers sliced
- 2 cups onion thinly sliced
- 0.5 teaspoon salt
- 1 cup water

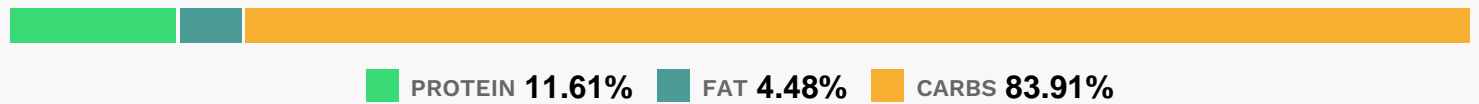
Equipment

- bowl
- sauce pan

Directions

- Combine carrot and garlic in a large saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer for 5 minutes or until just crisp – tender; drain.
- Combine carrot mixture, onion, and next 4 ingredients (onion through salt) in a large bowl, and stir well. Cover and chill at least 8 hours.
- Serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:3.83, Inflammation Score:-10, Nutrition Score:11.676956498105%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 70.97kcal (3.55%), Fat: 0.33g (0.51%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 10.36g (3.77%), Sugar: 6.65g (7.39%), Cholesterol: 0mg (0%), Sodium: 203.45mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.85%), Vitamin A: 1114.99IU (222.3%), Vitamin K: 27.05µg (25.76%), Manganese: 0.44mg (21.89%), Vitamin C: 16.36mg (19.83%), Fiber: 3.56g (14.23%), Potassium: 434.35mg (12.41%), Vitamin B6: 0.23mg (11.37%), Folate: 42.25µg (10.56%), Vitamin B1: 0.1mg (6.56%), Phosphorus: 59.23mg (5.92%), Calcium: 54.54mg (5.45%), Magnesium: 21.6mg (5.4%), Vitamin E: 0.76mg (5.09%), Vitamin B2: 0.07mg (4.3%), Vitamin B3: 0.86mg (4.29%), Iron: 0.76mg (4.21%), Copper: 0.08mg (4.18%), Vitamin B5: 0.32mg (3.25%), Zinc: 0.4mg (2.66%), Selenium: 0.84µg (1.21%)