



Carrot and Radish Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 medium carrots
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon lime zest freshly grated
- ☐ 1.5 tablespoons olive oil
- ☐ 6 large radishes

Equipment

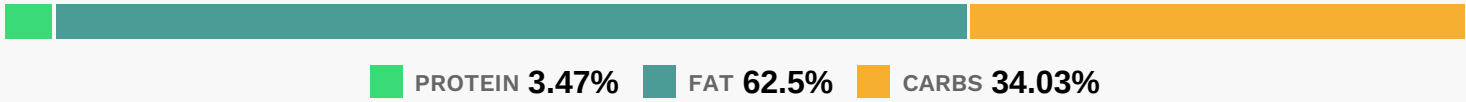
- ☐ food processor
- ☐ whisk

☐ mandoline

Directions

- ☐ Shred carrots with a mandoline or other manual slicer or in a food processor fitted with shredding disk. Julienne radishes.
- ☐ Whisk together zest, juice, oil, and salt and pepper to taste and toss with vegetables.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:7.6913043603949%

Flavonoids

Pelargonidin: 8.52mg, Pelargonidin: 8.52mg, Pelargonidin: 8.52mg, Pelargonidin: 8.52mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 74.56kcal (3.73%), Fat: 5.41g (8.33%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 4.69g (1.71%), Sugar: 3.21g (3.56%), Cholesterol: 0mg (0%), Sodium: 47.54mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin A: 10193.54IU (203.87%), Vitamin K: 11.41µg (10.87%), Vitamin C: 6.76mg (8.19%), Vitamin E: 1.17mg (7.78%), Fiber: 1.94g (7.77%), Potassium: 231.22mg (6.61%), Manganese: 0.1mg (4.86%), Vitamin B6: 0.1mg (4.76%), Folate: 15.35µg (3.84%), Vitamin B3: 0.64mg (3.2%), Vitamin B1: 0.04mg (2.86%), Phosphorus: 24.6mg (2.46%), Vitamin B2: 0.04mg (2.43%), Calcium: 24.12mg (2.41%), Magnesium: 8.98mg (2.24%), Vitamin B5: 0.19mg (1.94%), Copper: 0.04mg (1.76%), Iron: 0.26mg (1.46%), Zinc: 0.19mg (1.25%)