



Carrot-Apple-Ginger Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- 0.3 cup apple cider vinegar
- 4 large carrots yellow assorted peeled (colors such as purple, , and orange)
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 teaspoons ginger fresh minced
- 2 granny smith apples
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 3 tablespoons mayonnaise

2 teaspoons sugar

Equipment

bowl

whisk

peeler

Directions

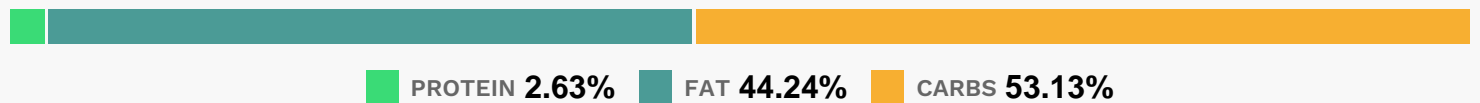
Cut carrots into very thin, ribbon-like strips using a vegetable peeler.

Cut apples into 1/8-inch matchsticks, and toss with lemon juice. Stir together carrots and apples in a large bowl.

Whisk together vinegar, mayonnaise, sugar, ginger, and kosher salt.

Pour over carrot mixture, and toss to coat. Cover and chill 1 hour. Fold in parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:35.74, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:7.9343478128962%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 80.71kcal (4.04%), Fat: 4.11g (6.32%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 8.96g (3.26%), Sugar: 7.56g (8.4%), Cholesterol: 2.2mg (0.74%), Sodium: 132.33mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin A: 6126.5IU (122.53%), Vitamin K: 30.71µg (29.25%), Fiber: 2.15g (8.59%), Vitamin C: 6.3mg (7.63%), Potassium: 179.97mg (5.14%), Manganese: 0.09mg (4.48%), Vitamin B6: 0.07mg (3.57%), Vitamin E: 0.5mg (3.36%), Folate: 10.42µg (2.6%), Vitamin B1: 0.03mg (2.23%), Vitamin B2: 0.04mg (2.08%), Vitamin B3: 0.41mg (2.07%), Phosphorus: 20.2mg (2.02%), Magnesium: 7.85mg (1.96%), Calcium: 17.18mg (1.72%), Copper: 0.03mg (1.66%), Vitamin B5: 0.14mg (1.43%), Iron: 0.26mg (1.42%)