



Carrot, Beet and Ginger Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound beets
- ☐ 1 pound carrots
- ☐ 2 teaspoons cumin
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 teaspoons mint leaves fresh chopped
- ☐ 5 tablespoons ginger freshly grated (reserve any juice that accumulates while grating)
- ☐ 2 juice of lemon
- ☐ 0.8 teaspoon pepper

- ☐ 1 small onion diced red finely
- ☐ 2 tablespoons rice vinegar
- ☐ 0.8 teaspoon salt
- ☐ 2 scallions thinly sliced
- ☐ 0.5 cup vegetable oil

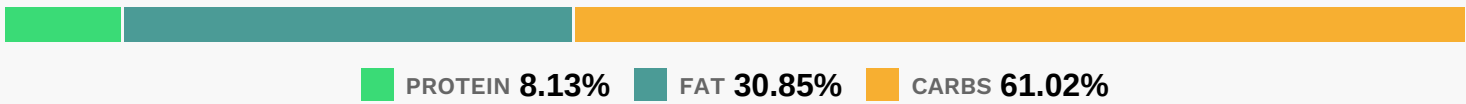
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ box grater

Directions

- ☐ In a large bowl, whisk together ginger (and accumulated juice), vinegar, lemon zest and juice, onion, cumin, cilantro, mint, salt and pepper.
- ☐ Whisking constantly, drizzle in vegetable oil.
- ☐ Place shredding attachment in a food processor. Peel carrots and beets and shred. (If you don't have a food processor, shred vegetables with a box grater.)
- ☐ Add carrots and beets to bowl with dressing and toss well.
- ☐ Sprinkle with scallions and serve.

Nutrition Facts



Properties

Glycemic Index:37.98, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:11.051739099233%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 86.45kcal (4.32%), Fat: 3.15g (4.84%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 10.3g (3.75%), Sugar: 7.45g (8.28%), Cholesterol: 0mg (0%), Sodium: 304.07mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Vitamin A: 9540.58IU (190.81%), Folate: 79.31µg (19.83%), Vitamin K: 19.68µg (18.74%), Manganese: 0.35mg (17.27%), Fiber: 3.7g (14.82%), Vitamin C: 10.92mg (13.23%), Potassium: 432.5mg (12.36%), Vitamin B6: 0.15mg (7.4%), Magnesium: 26.42mg (6.6%), Iron: 1.09mg (6.04%), Phosphorus: 52.76mg (5.28%), Copper: 0.09mg (4.73%), Vitamin B1: 0.07mg (4.62%), Vitamin E: 0.68mg (4.56%), Vitamin B3: 0.85mg (4.23%), Calcium: 40.31mg (4.03%), Vitamin B2: 0.07mg (3.92%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.42mg (2.78%)