



WHATSheATE



Carrot-Celery Slaw with Yogurt Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 2 cups carrots shredded
- ☐ 1 cup celery stalks thinly sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup yogurt plain

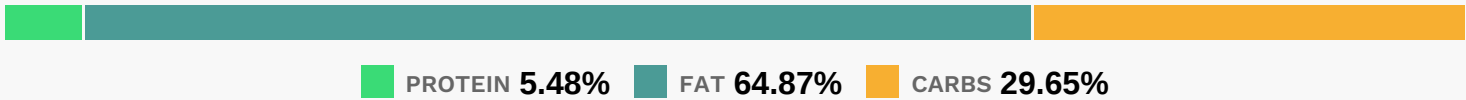
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together the yogurt, oil, mustard, garlic, and salt.
- ☐ Add the carrots, celery, and chives and toss.

Nutrition Facts



Properties

Glycemic Index:51.21, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:9.251304400032%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 103.86kcal (5.19%), Fat: 7.79g (11.98%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 5.67g (2.06%), Sugar: 4.14g (4.6%), Cholesterol: 1.99mg (0.66%), Sodium: 389.88mg (16.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin A: 10854.86IU (217.1%), Vitamin K: 21.74µg (20.7%), Vitamin E: 1.52mg (10.12%), Fiber: 2.34g (9.35%), Potassium: 303.29mg (8.67%), Manganese: 0.14mg (7.23%), Vitamin C: 5.32mg (6.44%), Vitamin B6: 0.12mg (6.2%), Folate: 23.31µg (5.83%), Calcium: 53.62mg (5.36%), Phosphorus: 47.29mg (4.73%), Vitamin B2: 0.08mg (4.51%), Vitamin B1: 0.06mg (3.92%), Vitamin B3: 0.75mg (3.73%), Magnesium: 14.01mg (3.5%), Vitamin B5: 0.31mg (3.11%), Copper: 0.04mg (2.23%), Selenium: 1.47µg (2.09%), Zinc: 0.31mg (2.04%), Iron: 0.36mg (1.98%)