



Carrot, Cilantro, and Chile Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 4 cups carrots assorted julienned peeled (preferably colors)
- ☐ 0.5 cup cilantro leaves fresh loosely packed ()
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 teaspoon ground coriander
- ☐ 2 jalapeno minced stemmed seeded
- ☐ 0.5 teaspoons kosher salt plus more for seasoning
- ☐ 1 tablespoons juice of lime fresh

☐ 1.5 teaspoons sugar

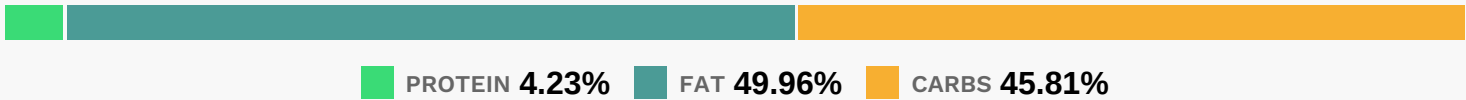
Equipment

☐ bowl

Directions

- ☐ Toss carrots, oil, lime juice, sugar, 1/2 teaspoon salt, and jalapeños in a large bowl.
- ☐ Let marinate for 15 minutes, tossing occasionally.
- ☐ Add cilantro and coriander; toss to evenly incorporate. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:35.49, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:9.321739151426%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 82.19kcal (4.11%), Fat: 4.82g (7.41%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.29g (5.88%), Cholesterol: 0mg (0%), Sodium: 253.59mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin A: 14397.86IU (287.96%), Vitamin K: 24.78µg (23.6%), Vitamin C: 11.73mg (14.22%), Fiber: 2.7g (10.79%), Potassium: 299.07mg (8.54%), Vitamin E: 1.14mg (7.61%), Manganese: 0.15mg (7.54%), Vitamin B6: 0.14mg (7.03%), Folate: 18.57µg (4.64%), Vitamin B3: 0.92mg (4.62%), Vitamin B1: 0.06mg (4.03%), Phosphorus: 33.25mg (3.33%), Vitamin B2: 0.06mg (3.32%), Calcium: 32.31mg (3.23%), Magnesium: 12.49mg (3.12%), Vitamin B5: 0.26mg (2.6%), Copper: 0.05mg (2.41%), Iron: 0.35mg (1.93%), Zinc: 0.23mg (1.56%)