



## Carrot Cranberry Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 cups carrots shredded ( 8 medium)
- 0.5 teaspoon celery seed
- 0.3 cup cranberries dried
- 1 tablespoon honey
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup mayonnaise
- 0.3 cup olive oil extra-virgin
- 0.3 cup pecans toasted coarsely chopped

1 tablespoon citrus champagne vinegar

## Equipment

bowl

whisk

## Directions

Whisk the mayonnaise, oil, honey and vinegar in a small bowl.

Sprinkle with salt and pepper.

Toss the carrots, cranberries, pecans and celery seeds in a medium bowl.

Add the mayonnaise–oil mixture and toss until well combined. Cover the bowl and refrigerate until ready to serve.

## Nutrition Facts

 PROTEIN 1.84%  FAT 77.19%  CARBS 20.97%

## Properties

Glycemic Index:47.78, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:14.874782481919%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 446.21kcal (22.31%), Fat: 39.36g (60.55%), Saturated Fat: 5.58g (34.85%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 19.41g (7.06%), Sugar: 16.28g (18.09%), Cholesterol: 11.76mg (3.92%), Sodium: 267.7mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin A: 21406.02IU (428.12%), Vitamin K: 71.62µg (68.21%), Vitamin E: 3.96mg (26.38%), Manganese: 0.52mg (26.06%), Fiber: 4.64g (18.58%), Potassium:

453.44mg (12.96%), Vitamin B6: 0.2mg (9.93%), Vitamin C: 7.72mg (9.36%), Vitamin B1: 0.13mg (8.67%), Copper: 0.15mg (7.45%), Phosphorus: 70.46mg (7.05%), Vitamin B3: 1.39mg (6.94%), Folate: 27.23µg (6.81%), Magnesium: 24.96mg (6.24%), Calcium: 55.03mg (5.5%), Vitamin B2: 0.09mg (5.45%), Iron: 0.87mg (4.81%), Vitamin B5: 0.47mg (4.72%), Zinc: 0.67mg (4.46%), Selenium: 1.13µg (1.61%)