



Carrot-Ginger Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 1 pound carrots shredded (5 medium carrots)
- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 0.5 cup cranberries dried
- ☐ 2 tablespoons ginger freshly grated
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup rice vinegar

- ☐ 2 teaspoons salt
- ☐ 0.5 cup slivered almonds
- ☐ 1 teaspoon sugar

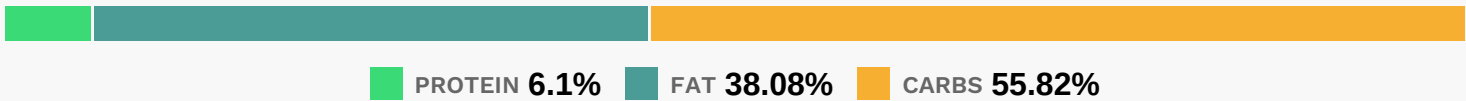
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place almonds in a skillet over medium heat. Cook, stirring often, until light golden, 7 to 10 minutes.
- ☐ Pour into a bowl and let cool. Put raisins and cranberries in a small bowl, cover with boiling water and allow to steep for 15 minutes.
- ☐ Drain.
- ☐ Transfer to a large bowl and toss with carrots.
- ☐ Make dressing: In a small bowl, whisk together all ingredients.
- ☐ Add to bowl with carrot mixture and toss to evenly coat vegetables with dressing. Cover and chill for 30 minutes. Just before serving, toss in almonds.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:8.9095651922019%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 114.69kcal (5.73%), Fat: 5.16g (7.94%), Saturated Fat: 0.41g (2.53%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 14.4g (5.24%), Sugar: 11.5g (12.78%), Cholesterol: 0mg (0%), Sodium: 498.03mg (21.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin A: 7583.71IU (151.67%), Vitamin E: 2.22mg (14.78%), Manganese: 0.25mg (12.44%), Fiber: 2.61g (10.45%), Vitamin K: 8.71µg (8.3%), Potassium: 249.62mg (7.13%), Vitamin B2: 0.1mg (6.13%), Magnesium: 23.69mg (5.92%), Copper: 0.11mg (5.59%), Phosphorus: 51.68mg (5.17%), Vitamin B6: 0.1mg (4.92%), Vitamin B3: 0.77mg (3.85%), Vitamin C: 3.01mg (3.65%), Calcium: 35.41mg (3.54%), Iron: 0.52mg (2.87%), Vitamin B1: 0.04mg (2.86%), Folate: 11.43µg (2.86%), Zinc: 0.31mg (2.1%), Vitamin B5: 0.18mg (1.77%)