



## Carrot, Green Apple and Mint Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound carrots trimmed peeled
- 1 tablespoon cider vinegar
- 2 tablespoons mint leaves fresh roughly chopped
- 1 apples i use 2 granny smith apples cored
- 1 teaspoon honey
- 1 tablespoon juice of lemon
- 2 tablespoons mayonnaise
- 0.3 cup nonfat yogurt plain

6 servings salt

## Equipment

food processor

bowl

paper towels

whisk

## Directions

Watch how to make this recipe.

Fold a full sheet of paper towel into quarters and place it in a small bowl. Spoon the yogurt on top of the paper towel.

Place it in the refrigerator for 20 minutes so the yogurt can drain and thicken.

In a small bowl whisk together the thickened yogurt and the mayonnaise, until smooth.

Whisk in the lemon juice, vinegar, and honey.

Grate first the carrots and then the apples in a food processor.

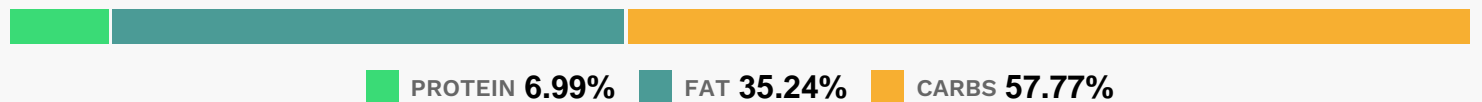
Transfer them to a large bowl and stir to combine.

Pour the dressing over the carrot mixture and toss.

Add the mint and season with salt.

Serve chilled.

## Nutrition Facts



## Properties

Glycemic Index:36.85, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:9.2447826161009%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg

Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## **Nutrients (% of daily need)**

Calories: 91.91kcal (4.6%), Fat: 3.77g (5.8%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 10.92g (3.97%), Sugar: 8.84g (9.82%), Cholesterol: 2.23mg (0.74%), Sodium: 287.08mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin A: 12720.84IU (254.42%), Vitamin K: 18.28µg (17.41%), Fiber: 2.99g (11.95%), Potassium: 324.54mg (9.27%), Vitamin C: 7.48mg (9.07%), Manganese: 0.15mg (7.36%), Vitamin B6: 0.13mg (6.4%), Calcium: 58.79mg (5.88%), Phosphorus: 53.81mg (5.38%), Vitamin B2: 0.09mg (5.28%), Folate: 19.56µg (4.89%), Vitamin E: 0.71mg (4.74%), Vitamin B1: 0.06mg (4.27%), Vitamin B3: 0.82mg (4.1%), Magnesium: 14.86mg (3.71%), Vitamin B5: 0.33mg (3.3%), Copper: 0.05mg (2.59%), Zinc: 0.36mg (2.38%), Iron: 0.38mg (2.13%), Vitamin B12: 0.09µg (1.48%)