



## Carrot Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 apples shredded cored peeled
- 0.3 cup blanched slivered almonds
- 4 carrots shredded
- 2 tablespoons honey
- 1 tablespoon juice of lemon
- 8 servings salt and pepper to taste

### Equipment

- bowl

# Directions

In a bowl, combine the carrots, apple, lemon juice, honey, almonds, salt and pepper. Toss and chill before serving.

# Nutrition Facts



# Properties

Glycemic Index:16.39, Glycemic Load:4.05, Inflammation Score:-10, Nutrition Score:6.9786956517593%

# Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

# Nutrients (% of daily need)

Calories: 60.62kcal (3.03%), Fat: 1.89g (2.91%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 9.4g (3.42%), Sugar: 8.33g (9.25%), Cholesterol: 0mg (0%), Sodium: 215.93mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Vitamin A: 5107.96IU (102.16%), Fiber: 1.75g (7%), Vitamin E: 1.05mg (6.98%), Manganese: 0.12mg (5.92%), Vitamin C: 3.6mg (4.36%), Vitamin K: 4.53µg (4.31%), Potassium: 148.88mg (4.25%), Magnesium: 14.06mg (3.52%), Phosphorus: 29.77mg (2.98%), Vitamin B2: 0.05mg (2.93%), Vitamin B6: 0.06mg (2.87%), Copper: 0.06mg (2.84%), Vitamin B3: 0.45mg (2.23%), Folate: 8.61µg (2.15%), Vitamin B1: 0.03mg (2.06%), Calcium: 19.94mg (1.99%), Iron: 0.25mg (1.42%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.11mg (1.14%)