



Carrot Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

130 min.

SERVINGS

servings

6

CALORIES

calories

193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces carrots shredded
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup cranberries dried
- ☐ 1 tablespoon flat-leaf parsley italian chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1 small onion red chopped
- ☐ 1 teaspoon salt

- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.5 teaspoon sugar

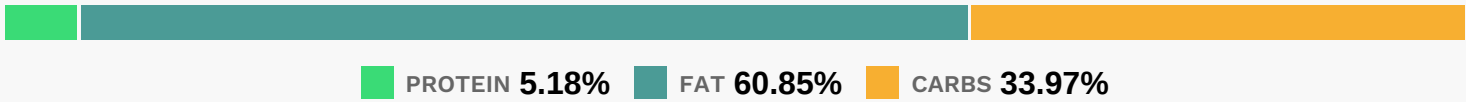
Equipment

- ☐ bowl

Directions

- ☐ Combine olive oil, lemon juice, parsley, mustard, salt and sugar in small bowl.
- ☐ Combine carrots, cranberries, onion and almonds in large bowl.
- ☐ Add dressing. Cover and refrigerate 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:36.32, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:11.263043569482%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 192.62kcal (9.63%), Fat: 13.78g (21.2%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 13.94g (5.07%), Sugar: 11.22g (12.46%), Cholesterol: 0mg (0%), Sodium: 431.28mg (18.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin A: 7950.96IU (159.02%), Vitamin E: 4.14mg (27.62%), Vitamin K: 23.44µg (22.33%), Manganese: 0.33mg (16.49%), Fiber: 3.37g (13.47%), Vitamin C: 6.99mg (8.47%), Magnesium: 33.25mg (8.31%), Vitamin B2: 0.14mg (8.22%), Potassium: 259.15mg (7.4%), Phosphorus:

67.64mg (6.76%), Copper: 0.13mg (6.51%), Vitamin B6: 0.11mg (5.34%), Calcium: 47.01mg (4.7%), Folate: 18.49µg (4.62%), Vitamin B3: 0.88mg (4.42%), Vitamin B1: 0.06mg (4.18%), Iron: 0.67mg (3.7%), Zinc: 0.45mg (3.01%), Vitamin B5: 0.23mg (2.27%), Selenium: 0.86µg (1.23%)