



Carrot Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces almonds sliced
- ☐ 20 oz carrots shredded
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup juice of lemon
- ☐ 1 lemon zest
- ☐ 0.5 cup olive oil

- ☐ 8 servings salt and pepper
- ☐ 1 onion sweet finely chopped (such as Vidalia)

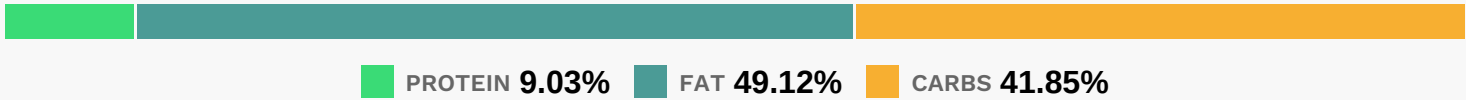
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together lemon juice and zest, mustard, garlic, salt and pepper.
- ☐ Drizzle in olive oil, whisking constantly. Set aside.
- ☐ Make salad: In a heavy skillet over medium-high heat, toast almonds until golden, about 3 minutes, stirring often. Immediately remove to a bowl and let cool.
- ☐ In a separate bowl, toss together shredded carrots, onion and parsley. Toss with dressing.
- ☐ Sprinkle almonds over top just before serving.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:14.034348011017%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin:

6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 111.52kcal (5.58%), Fat: 6.51g (10.02%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 8.98g (3.27%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 255.29mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin A: 12157.87IU (243.16%), Vitamin K: 72.62µg (69.16%), Vitamin C: 15.19mg (18.42%), Vitamin E: 2.72mg (18.15%), Manganese: 0.31mg (15.55%), Fiber: 3.5g (14.01%), Potassium: 360.32mg (10.29%), Vitamin B6: 0.17mg (8.73%), Magnesium: 34.21mg (8.55%), Folate: 33.48µg (8.37%), Vitamin B2: 0.14mg (8.02%), Phosphorus: 74.19mg (7.42%), Copper: 0.14mg (6.86%), Calcium: 58.59mg (5.86%), Vitamin B1: 0.09mg (5.71%), Vitamin B3: 1.07mg (5.37%), Iron: 0.86mg (4.78%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.3mg (2.99%), Selenium: 0.85µg (1.22%)