



WHATSheATE



Carrot Salad with a Hit of Heat



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound carrots grated
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 0.4 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon chili paste depending on your taste pref fresh (ground chile paste)

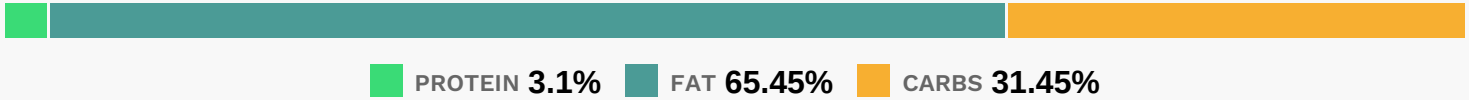
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large bowl, stirring with a whisk.
- ☐ Add carrot and salt; toss to coat.
- ☐ Let stand 30 minutes. Just before serving, add cilantro, mint, and chives, if desired; toss to combine.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:10.083043386107%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 142.36kcal (7.12%), Fat: 10.8g (16.61%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 8.38g (3.05%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 297.24mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin A: 19013.59IU (380.27%), Vitamin K: 21.92µg (20.88%), Vitamin E: 2.27mg (15.16%), Fiber: 3.3g (13.19%), Potassium: 379.67mg (10.85%), Vitamin C: 8.79mg (10.66%), Manganese: 0.18mg (8.94%), Vitamin B6: 0.16mg (8.11%), Folate: 23.97µg (5.99%), Vitamin B3: 1.16mg (5.81%), Vitamin B1: 0.08mg (5.2%), Vitamin B2: 0.07mg (4.17%), Phosphorus: 41.65mg (4.16%), Calcium: 41.31mg (4.13%), Magnesium: 15.04mg (3.76%), Vitamin B5: 0.32mg (3.2%), Copper: 0.06mg (2.9%), Iron: 0.48mg (2.67%), Zinc: 0.29mg (1.94%)