



WHATSheATE



Carrot Salad with a Hit of Heat



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



141 kcal

SALAD

Ingredients

- ☐ 1 pound carrots grated
- ☐ 2 tablespoons fresh cilantro fresh chopped
- ☐ 1 tablespoon fresh mint fresh minced
- ☐ 0.4 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon sambal oelek fresh (ground chile paste)

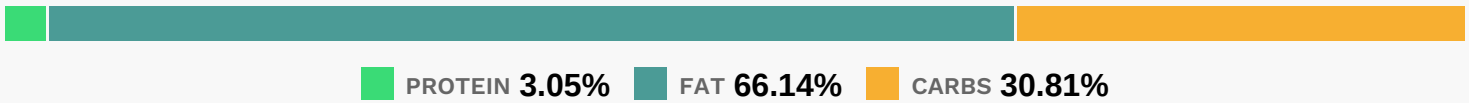
Equipment

- ☐ 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:0, Nutrition Score:10.037391363927%

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: 141.06kcal (7.05%), Fat: 10.79g (16.61%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 8.02g (2.92%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 296.99mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin A: 19011.11IU (380.22%), Vitamin K: 21.91µg (20.87%), Vitamin E: 2.27mg (15.14%), Fiber: 3.29g (13.17%), Potassium: 375.04mg (10.72%), Vitamin C: 8.59mg (10.42%), Manganese: 0.18mg (8.94%), Vitamin B6: 0.16mg (8.01%), Folate: 23.84µg (5.96%), Vitamin B3: 1.14mg (5.71%), Vitamin B1: 0.08mg (5.13%), Vitamin B2: 0.07mg (4.12%), Calcium: 41.06mg (4.11%), Phosphorus: 41mg (4.1%), Magnesium: 14.89mg (3.72%), Vitamin B5: 0.32mg (3.2%), Copper: 0.06mg (2.82%), Iron: 0.47mg (2.62%), Zinc: 0.29mg (1.93%)