



Carrot Salad with Lime and Cilantro



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 medium carrots
- ☐ 4 servings garnish: cilantro sprigs fresh
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.1 teaspoon lime zest fresh finely grated
- ☐ 1 teaspoon vegetable oil

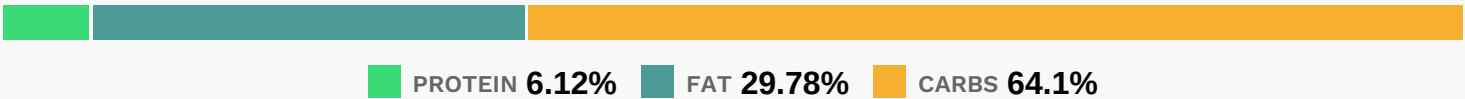
Equipment

- ☐ bowl

Directions

- ☐ Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste.
- ☐ Serve salad garnished with cilantro.
- ☐ Each serving about 42 calories and 1 gram fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:35.71, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:7.1221739251329%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 35.98kcal (1.8%), Fat: 1.28g (1.96%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.44g (1.62%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 42.3mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin A: 10212.81IU (204.26%), Vitamin K: 11.07µg (10.55%), Fiber: 1.73g (6.93%), Vitamin C: 4.82mg (5.85%), Potassium: 201.21mg (5.75%), Manganese: 0.09mg (4.46%), Vitamin B6: 0.09mg (4.3%), Vitamin E: 0.51mg (3.4%), Vitamin B3: 0.61mg (3.04%), Folate: 12.16µg (3.04%), Vitamin B1: 0.04mg (2.76%), Phosphorus: 22.03mg (2.2%), Vitamin B2: 0.04mg (2.14%), Calcium: 20.88mg (2.09%), Magnesium: 7.7mg (1.93%), Vitamin B5: 0.17mg (1.73%), Copper: 0.03mg (1.46%), Iron: 0.19mg (1.07%), Zinc: 0.15mg (1.01%)