



Carrot Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



42 kcal

SIDE DISH

Ingredients

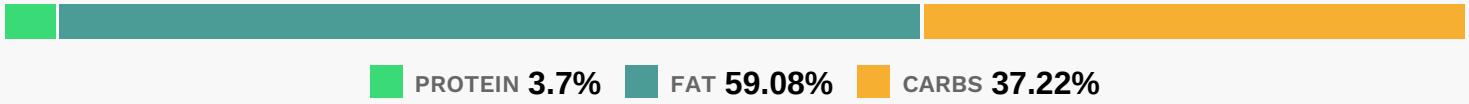
- ☐ 6 carrots shredded peeled
- ☐ 3 large garlic clove minced
- ☐ 1 juice of lemon (3 teaspoons zest and 3 tablespoons juice)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt plus more to taste
- ☐ 0.3 teaspoon sugar plus more to taste

Equipment

Directions

- ☐
- Toss together first 5 ingredients.
- ☐
- Let stand 30 minutes. Stir in olive oil. Taste for seasoning, and add more salt or sugar, if desired. Refrigerate in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:14.69, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:6.2556521730578%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 42.14kcal (2.11%), Fat: 2.9g (4.46%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.06g (1.11%), Sugar: 1.92g (2.13%), Cholesterol: 0mg (0%), Sodium: 83.63mg (3.64%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin A: 6114.66IU (122.29%), Vitamin K: 6.53µg (6.22%), Vitamin C: 3.6mg (4.37%), Vitamin E: 0.65mg (4.33%), Fiber: 1.05g (4.21%), Potassium: 123.86mg (3.54%), Manganese: 0.07mg (3.39%), Vitamin B6: 0.06mg (3.15%), Folate: 7.58µg (1.9%), Vitamin B3: 0.37mg (1.84%), Vitamin B1: 0.03mg (1.78%), Phosphorus: 14.43mg (1.44%), Calcium: 13.95mg (1.4%), Vitamin B2: 0.02mg (1.33%), Magnesium: 4.8mg (1.2%), Vitamin B5: 0.11mg (1.09%)