



Garlic-Marinated Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



86 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 1.5 pounds coarsely carrot shredded
- 4 garlic cloves crushed thinly sliced
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 2 tablespoons citrus champagne vinegar

Equipment

bowl

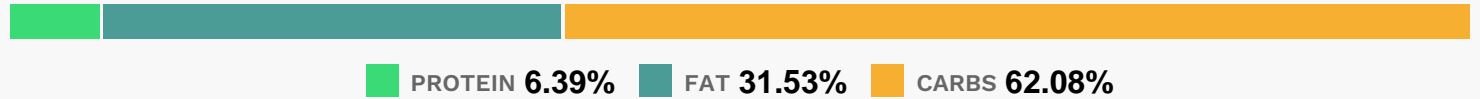
whisk

Directions

Combine first 4 ingredients in a large bowl; stir well with a wire whisk.

Add remaining ingredients; toss well to coat. Cover and chill at least 8 hours. Discard bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:21.77, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:10.54304343462%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 85.57kcal (4.28%), Fat: 3.14g (4.84%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 10.03g (3.65%), Sugar: 6.47g (7.19%), Cholesterol: 0mg (0%), Sodium: 211.14mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin A: 22735.14IU (454.7%), Vitamin K: 19.85µg (18.91%), Fiber: 3.89g (15.56%), Potassium: 448.9mg (12.83%), Manganese: 0.25mg (12.61%), Vitamin B6: 0.22mg (10.91%), Vitamin C: 8.82mg (10.69%), Vitamin E: 1.3mg (8.7%), Vitamin B3: 1.36mg (6.78%), Folate: 25.98µg (6.49%), Vitamin B1: 0.09mg (6.31%), Phosphorus: 51.96mg (5.2%), Calcium: 50.32mg (5.03%), Vitamin B2: 0.08mg (4.81%), Magnesium: 17.37mg (4.34%), Vitamin B5: 0.39mg (3.87%), Copper: 0.07mg (3.53%), Iron: 0.51mg (2.84%), Zinc: 0.36mg (2.39%)