



Gujarati Carrot and Peanut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups carrots grated
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 chile pepper diced green seeded
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup peanuts salted chopped
- ☐ 1 teaspoon sugar white

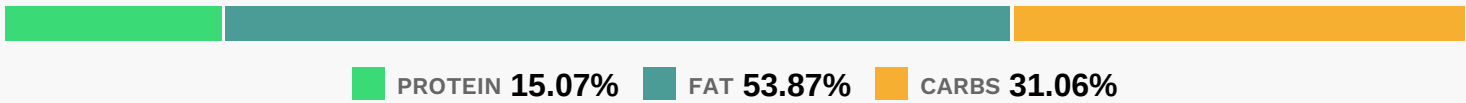
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium serving bowl, toss together the carrots and peanuts. In a separate bowl, whisk together the lemon juice, salt, sugar, chile pepper and cilantro.
- ☐ Pour over the carrots and stir gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.23, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:11.416521766911%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 141.32kcal (7.07%), Fat: 9.13g (14.05%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 8.02g (2.92%), Sugar: 4.69g (5.21%), Cholesterol: 0mg (0%), Sodium: 451.54mg (19.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin A: 10706.01IU (214.12%), Manganese: 0.52mg (26.21%), Vitamin B3: 3.37mg (16.83%), Fiber: 3.83g (15.31%), Vitamin C: 9.53mg (11.56%), Potassium: 359.13mg (10.26%), Magnesium: 39.07mg (9.77%), Phosphorus: 94.02mg (9.4%), Folate: 37.53µg (9.38%), Vitamin K: 9.07µg (8.64%), Copper: 0.15mg (7.6%), Vitamin B6: 0.14mg (7.03%), Vitamin B1: 0.1mg (6.86%), Vitamin B5: 0.44mg (4.45%), Calcium: 40.37mg (4.04%), Zinc: 0.53mg (3.51%), Iron: 0.62mg (3.46%), Vitamin B2: 0.05mg (3.23%), Vitamin E: 0.44mg (2.96%), Selenium: 1.45µg (2.08%)