



Marinated Carrot Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups water
- ☐ 1 lb baby carrots
- ☐ 0.5 cup onion chopped
- ☐ 1 medium bell pepper red cut into bite-size pieces
- ☐ 1 medium stalk celery cut into 1/2-inch slices (1/2 cup)
- ☐ 10.8 oz all natural tomato soup canned
- ☐ 0.3 cup honey
- ☐ 0.3 cup apple cider vinegar

- ☐ 1 tablespoon soybean oil
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat water and carrots to boiling; reduce heat. Simmer uncovered 8 to 11 minutes or just until crisp-tender; drain.
- ☐ In large bowl, toss carrots, onion, bell pepper and celery.
- ☐ In 1-quart saucepan, mix remaining ingredients.
- ☐ Heat to boiling.
- ☐ Pour over vegetables; toss gently.
- ☐ Cover and refrigerate 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:35.47, Glycemic Load:8.49, Inflammation Score:-10, Nutrition Score:10.198695649271%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 114.15kcal (5.71%), Fat: 2.03g (3.12%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 21.56g (7.84%), Sugar: 18.6g (20.66%), Cholesterol: 0mg (0%), Sodium: 349.09mg (15.18%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Vitamin A: 8457.3IU (169.15%), Vitamin C: 26.4mg (32%), Potassium: 423.87mg (12.11%), Vitamin K: 12.02µg (11.45%), Manganese: 0.22mg (11%), Fiber: 2.7g (10.79%), Vitamin B6: 0.16mg (7.76%), Folate: 26.19µg (6.55%), Iron: 0.92mg (5.12%), Copper: 0.1mg (5.03%), Vitamin B3: 0.84mg (4.18%), Magnesium: 16.12mg (4.03%), Phosphorus: 37.79mg (3.78%), Vitamin E: 0.52mg (3.48%), Calcium: 32.52mg (3.25%), Vitamin B1: 0.05mg (3.2%), Vitamin B5: 0.31mg (3.11%), Selenium: 2.08µg (2.97%), Vitamin B2: 0.05mg (2.95%), Zinc: 0.27mg (1.81%)