

Minted Carrot Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups carrots diagonally sliced ()
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 1 tablespoon pinenuts toasted
- ☐ 2 tablespoons raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sherry vinegar

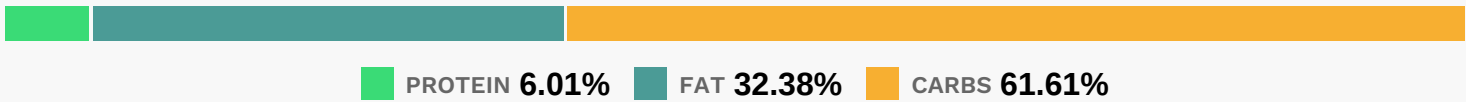
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Drop carrot into a large saucepan of boiling water; return to a boil.
- ☐ Drain and rinse under cold water.
- ☐ Combine vinegar and next 5 ingredients (vinegar through garlic) in a medium bowl, and stir with a whisk until blended.
- ☐ Add carrot, raisins, onion, parsley, and pine nuts; toss gently. Cover and chill. Stir in mint before serving.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:8.9817391167516%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 2.5mg, Apigenin: 2.5mg, Apigenin: 2.5mg, Apigenin: 2.5mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 60.8kcal (3.04%), Fat: 2.31g (3.56%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 7.84g (2.85%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 123.97mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.93%), Vitamin A: 9292.34IU (185.85%), Vitamin K: 27.58µg (26.26%), Manganese: 0.25mg (12.54%), Vitamin C: 8.1mg (9.82%), Fiber: 2.07g (8.28%), Potassium: 246.64mg (7.05%), Vitamin B6: 0.1mg (4.95%), Vitamin E: 0.68mg (4.53%), Folate: 15.44µg (3.86%), Phosphorus: 34.61mg (3.46%), Magnesium: 13.84mg (3.46%), Vitamin B3: 0.69mg (3.45%), Vitamin B1: 0.05mg (3.44%), Copper: 0.07mg (3.29%), Iron: 0.53mg (2.96%), Vitamin B2: 0.05mg (2.84%), Calcium: 25.55mg (2.56%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.18mg (1.79%)