



Minted Carrot Salad

 Dairy Free

READY IN



25 min.

SERVINGS



7

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds carrots
- 0.3 cup mint leaves fresh chopped
- 0.8 cup malt vinegar
- 0.5 teaspoon ground mustard
- 1 large onion diced
- 1 cup sugar
- 1 cup tomato sauce
- 0.5 cup vegetable oil

0.5 teaspoon worcestershire sauce

Equipment

bowl

sauce pan

whisk

pot

Directions

Bring a large pot of salted water to a boil.

Add carrots and cook until tender but still firm.

Drain, cool and grate into a large bowl.

In a small saucepan, whisk together the tomato sauce, oil, sugar, vinegar, mustard and Worcestershire sauce. Bring to a boil, whisking constantly, remove from heat and cool.

Add onions and mint leaves to the carrots, and pour the dressing over all. Toss until evenly coated and chill for 24 hours before serving.

Nutrition Facts



PROTEIN 3.53% **FAT 15.06%** **CARBS 81.41%**

Properties

Glycemic Index:34.13, Glycemic Load:25.11, Inflammation Score:-10, Nutrition Score:12.157825988272%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 214.74kcal (10.74%), Fat: 3.71g (5.71%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 40.44g (14.71%), Sugar: 36.88g (40.97%), Cholesterol: 0mg (0%), Sodium: 263.1mg (11.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 21871.24IU (437.42%), Vitamin K: 23.91µg (22.77%), Fiber: 4.66g (18.66%), Potassium: 564.69mg (16.13%), Vitamin C: 12.26mg (14.86%), Manganese: 0.29mg (14.45%), Vitamin B6: 0.24mg (12.07%), Vitamin E: 1.63mg (10.84%), Folate: 33.94µg (8.49%), Vitamin B3: 1.68mg (8.41%), Vitamin B1: 0.11mg (7.1%), Vitamin B2: 0.11mg (6.73%), Phosphorus: 64.73mg (6.47%), Magnesium: 25.09mg (6.27%), Calcium: 59.26mg (5.93%), Copper: 0.12mg (5.88%), Iron: 0.91mg (5.06%), Vitamin B5: 0.49mg (4.95%), Zinc: 0.46mg (3.05%), Selenium: 1.05µg (1.51%)