



Neelys' Carrot Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

Ingredients

- 4 cups carrots shredded
- 1 tablespoon celery seeds
- 0.3 cup currants
- 1 tablespoon dijon mustard
- 0.3 cup fennel fronds chopped
- 1 tablespoon honey
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon

- 6 tablespoons olive oil
- 1 tablespoon rice vinegar
- 0.3 cup slivered almonds

Equipment

- bowl

Directions

- Watch how to make this recipe.
- Add all ingredients to a small bowl and combine well.
- In a medium bowl, mix together all the slaw ingredients.
- Add the vinaigrette and toss until well combined. Cover and refrigerate until ready to serve.
- Add all ingredients to a small bowl and combine well.

Nutrition Facts



Properties

Glycemic Index:73.28, Glycemic Load:8.14, Inflammation Score:-10, Nutrition Score:15.527391392252%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.2mg, Apigenin: 1.2mg, Apigenin: 1.2mg, Apigenin: 1.2mg Luteolin: 11.6mg, Luteolin: 11.6mg, Luteolin: 11.6mg, Luteolin: 11.6mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 330.91kcal (16.55%), Fat: 25.22g (38.81%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 26.52g (8.84%),
Net Carbohydrates: 21.14g (7.69%), Sugar: 16.65g (18.5%), Cholesterol: 0mg (0%), Sodium: 139.5mg (6.07%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin A: 21401.82IU (428.04%), Vitamin E:
5.67mg (37.83%), Vitamin K: 33.47µg (31.88%), Manganese: 0.54mg (26.93%), Fiber: 5.38g (21.51%), Potassium:
586.36mg (16.75%), Vitamin C: 10.38mg (12.58%), Vitamin B6: 0.23mg (11.71%), Magnesium: 46.69mg (11.67%),
Vitamin B2: 0.18mg (10.31%), Phosphorus: 101.98mg (10.2%), Calcium: 101.28mg (10.13%), Iron: 1.73mg (9.61%),
Copper: 0.18mg (9.25%), Vitamin B3: 1.76mg (8.81%), Vitamin B1: 0.13mg (8.43%), Folate: 30.94µg (7.74%), Zinc:
0.7mg (4.7%), Vitamin B5: 0.42mg (4.19%), Selenium: 2.03µg (2.9%)