



Quick Carrot Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



4

CALORIES



427 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup canola oil
- 4 carrots grated peeled
- 0.3 teaspoon ground pepper fresh black
- 0.3 cup olive oil
- 1 medium onion red thinly sliced
- 0.3 cup red wine vinegar
- 1 teaspoon salt
- 4 servings salt and pepper black freshly ground

- 3 tablespoons dressing
- 1 tablespoon spicy brown mustard
- 1 tablespoon sugar

Equipment

- bowl

Directions

- For Dressing: In a glass jar with a tight fitting lid combine the vinegar, sugar and salt. Screw on lid and shake vigorously until the salt and sugar has dissolved.
- Add the remaining dressing ingredients and shake vigorously until emulsified. Dressing will last up to 3 weeks in the refrigerator.
- In a medium serving bowl, combine the carrots, onion, and dressing; toss to coat. Taste and season with salt and pepper, if needed.

Nutrition Facts

■ PROTEIN **1.07%** ■ FAT **85.54%** ■ CARBS **13.39%**

Properties

Glycemic Index:59.98, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:11.349999886492%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 426.81kcal (21.34%), Fat: 41.12g (63.27%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 12.09g (4.4%), Sugar: 9.65g (10.72%), Cholesterol: 4.92mg (1.64%), Sodium: 769.84mg (33.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin A: 10202.66IU (204.05%), Vitamin E: 6.65mg (44.35%), Vitamin K: 40.66µg (38.73%), Fiber: 2.39g (9.57%), Manganese: 0.19mg (9.54%), Potassium: 256.29mg (7.32%), Vitamin C: 5.82mg (7.06%), Vitamin B6: 0.12mg (6.06%), Folate: 17.6µg (4.4%), Vitamin B1: 0.06mg (4.29%), Phosphorus: 40.36mg (4.04%), Magnesium: 13.43mg (3.36%), Vitamin B3: 0.66mg

(3.31%), Calcium: 32.66mg (3.27%), Vitamin B2: 0.05mg (3.11%), Iron: 0.56mg (3.1%), Selenium: 2.08µg (2.97%),
Copper: 0.05mg (2.44%), Vitamin B5: 0.23mg (2.3%), Zinc: 0.25mg (1.65%)