



Russian Carrot Salad (Korean-Style)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



280 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound carrots with a mandoline julienned peeled
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 onion minced
- ☐ 2.5 teaspoons salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vinegar

☐ 1 tablespoon sugar white

Equipment

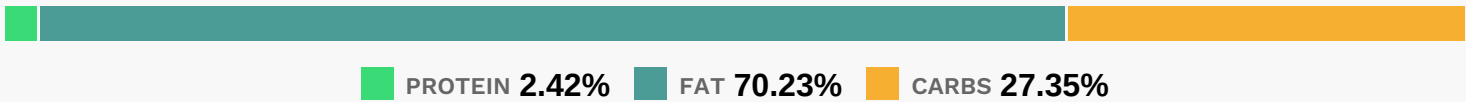
☐ bowl

☐ frying pan

Directions

- ☐ Place carrots in a large bowl.
- ☐ Sprinkle garlic over carrots.
- ☐ Mix vinegar, sugar, and salt together in a small bowl.
- ☐ Heat oil in a skillet over medium heat. Cook and stir onion in hot oil until soft and translucent, 5 to 7 minutes. Stir coriander and cayenne pepper into the onion; add to carrot mixture and toss.
- ☐ Pour vinegar dressing over carrot mixture; toss to coat.
- ☐ Transfer carrot salad to a dish with a tight-fitting lid, cover, and refrigerate 4 to 24 hours, tossing salad several times while it marinates.

Nutrition Facts



Properties

Glycemic Index:31.99, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:8.0795652270317%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 116.32kcal (5.82%), Fat: 9.3g (14.31%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 6.28g (2.29%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 766.6mg (33.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin A: 9524.39IU (190.49%), Vitamin K: 24.34µg (23.18%), Vitamin E: 1.16mg (7.71%), Fiber: 1.87g (7.47%), Manganese: 0.12mg (6.12%), Potassium: 202.01mg (5.77%), Vitamin C:

4.35mg (5.28%), Vitamin B6: 0.1mg (5.18%), Folate: 12.25µg (3.06%), Vitamin B3: 0.59mg (2.95%), Vitamin B1: 0.04mg (2.92%), Phosphorus: 25.27mg (2.53%), Calcium: 25.23mg (2.52%), Vitamin B2: 0.04mg (2.24%), Magnesium: 8.89mg (2.22%), Copper: 0.04mg (1.78%), Vitamin B5: 0.17mg (1.7%), Iron: 0.27mg (1.47%), Zinc: 0.18mg (1.19%)