



Shaved Carrot and Zucchini Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups thinly carrot shaved
- 1 teaspoon dijon mustard
- 0.3 cup flat-leaf parsley fresh loosely packed
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 2 tablespoons torn mint leaves
- 2 tablespoons olive oil extra-virgin

- 0.3 cup onion red thinly sliced
- 0.3 teaspoon sugar
- 2 cups thinly zucchini shaved

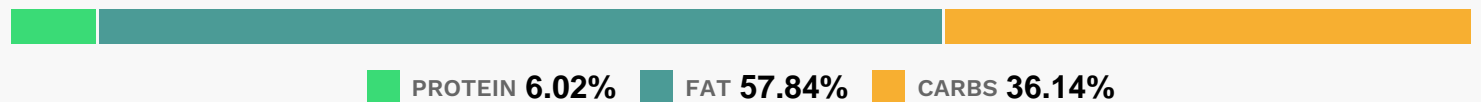
Equipment

- bowl
- whisk

Directions

- Combine first 4 ingredients in a medium bowl, stirring well with a whisk.
- Add carrot, zucchini, and onion; toss.
- Sprinkle with herbs, salt, and pepper; toss.

Nutrition Facts



Properties

Glycemic Index:42.49, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:10.775217403536%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.48mg, Apigenin: 5.48mg, Apigenin: 5.48mg, Apigenin: 5.48mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 72.97kcal (3.65%), Fat: 4.99g (7.67%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5g (1.82%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 141.15mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin A: 7493.44IU (149.87%), Vitamin K: 51.39µg (48.95%), Vitamin C: 16.2mg (19.64%), Manganese: 0.18mg (9.07%), Potassium: 285.06mg (8.14%), Fiber: 2.01g (8.04%), Vitamin B6: 0.14mg (7.09%), Vitamin E: 1.03mg (6.9%), Folate: 26.07µg (6.52%), Vitamin B2: 0.07mg (4.34%), Magnesium: 16.66mg (4.16%), Vitamin B1: 0.06mg (3.75%), Phosphorus: 36.67mg (3.67%), Vitamin B3: 0.68mg

(3.42%), Iron: 0.59mg (3.26%), Calcium: 31.03mg (3.1%), Copper: 0.06mg (2.78%), Vitamin B5: 0.23mg (2.35%),
Zinc: 0.3mg (2%)