



## Shaved Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups carrots shaved
- 1 teaspoon optional: dill fresh chopped
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 2 teaspoons balsamic vinegar white

### Equipment

- bowl

## Directions

Combine carrot, vinegar, sugar, dill, and salt in a medium bowl; toss to coat.

## Nutrition Facts

 PROTEIN **7.59%**  FAT **4.36%**  CARBS **88.05%**

## Properties

Glycemic Index:45.48, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:7.0008695841483%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 30.38kcal (1.52%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.26g (1.91%), Sugar: 3.91g (4.34%), Cholesterol: 0mg (0%), Sodium: 190.1mg (8.27%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin A: 10693.77IU (213.88%), Vitamin K: 8.45µg (8.05%), Fiber: 1.79g (7.17%), Potassium: 207.82mg (5.94%), Manganese: 0.1mg (4.78%), Vitamin C: 3.8mg (4.6%), Vitamin B6: 0.09mg (4.42%), Vitamin B3: 0.63mg (3.15%), Folate: 12.2µg (3.05%), Vitamin B1: 0.04mg (2.82%), Vitamin E: 0.42mg (2.82%), Phosphorus: 22.89mg (2.29%), Vitamin B2: 0.04mg (2.19%), Calcium: 21.94mg (2.19%), Magnesium: 8mg (2%), Vitamin B5: 0.17mg (1.75%), Copper: 0.03mg (1.48%), Iron: 0.21mg (1.18%), Zinc: 0.16mg (1.04%)