



Shredded Apple Carrot Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 cups carrots shredded
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 apples i use 2 granny smith apples shredded cored
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons safflower oil

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sesame seed
- ☐ 1 tablespoon sugar white

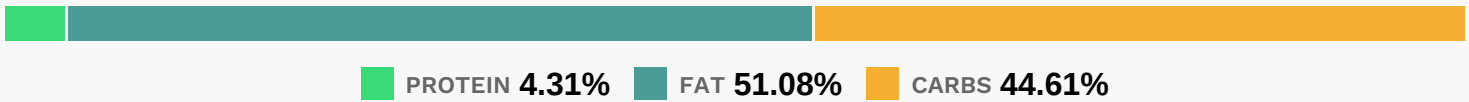
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a skillet over medium heat; pour sesame seeds into the hot skillet. Cook, stirring often, until sesame seeds are lightly browned and fragrant, 3 to 5 minutes.
- ☐ Remove from heat.
- ☐ Mix carrots, apple, toasted sesame seeds, and parsley together in a bowl.
- ☐ Whisk lemon juice, vinegar, sugar, garlic, salt, and pepper together in a separate bowl; slowly drizzle safflower oil into lemon juice mixture while continuing to whisk.
- ☐ Pour dressing over carrot mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:52.99, Glycemic Load:4.1, Inflammation Score:-10, Nutrition Score:12.829130421514%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin:

0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 103.75kcal (5.19%), Fat: 6.22g (9.57%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.74g (3.54%), Sugar: 7.51g (8.34%), Cholesterol: 0mg (0%), Sodium: 420.91mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin A: 7567.28IU (151.35%), Vitamin K: 88.91µg (84.68%), Vitamin C: 14.65mg (17.76%), Vitamin E: 1.99mg (13.26%), Fiber: 2.49g (9.94%), Manganese: 0.19mg (9.48%), Copper: 0.15mg (7.49%), Potassium: 227.63mg (6.5%), Vitamin B6: 0.11mg (5.41%), Folate: 21.28µg (5.32%), Calcium: 51.66mg (5.17%), Iron: 0.91mg (5.05%), Magnesium: 19.78mg (4.94%), Vitamin B1: 0.06mg (4.16%), Phosphorus: 40.19mg (4.02%), Vitamin B3: 0.65mg (3.24%), Vitamin B2: 0.05mg (2.76%), Zinc: 0.39mg (2.61%), Vitamin B5: 0.17mg (1.75%), Selenium: 1.07µg (1.53%)