



Tangy Carrot Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups carrots diced
- ☐ 4 cups carrots sliced (1/)
- ☐ 10.8 ounce condensed tomato soup with basil and oregano canned
- ☐ 1 bell pepper green cut into thin strips
- ☐ 1 onion paper thin spanish sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup sugar white

- ☐ 0.8 cup vinegar white
- ☐ 1 teaspoon mustard yellow prepared

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine sliced carrots and diced carrots in a large pot.
- ☐ Pour enough water into pot to just cover the carrots; bring to a boil and cook until tender, about 8 minutes.
- ☐ Drain water completely from carrots.
- ☐ Transfer drained carrots to a large bowl.
- ☐ Gently toss Spanish onion and green bell pepper together with carrots.
- ☐ Whisk tomato soup, white vinegar, vegetable oil, sugar, mustard, and salt together in a bowl until the oil is completely integrated.
- ☐ Drizzle tomato soup mixture over carrot mixture; gently toss to coat entirely.

Nutrition Facts



Properties

Glycemic Index:39.91, Glycemic Load:12.18, Inflammation Score:-10, Nutrition Score:12.662608644237%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 146.95kcal (7.35%), Fat: 3.29g (5.06%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 23.86g (8.68%), Sugar: 18.48g (20.53%), Cholesterol: 0mg (0%), Sodium: 385.71mg (16.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin A: 21588.77IU (431.78%), Vitamin C: 25.45mg (30.84%), Vitamin K: 24.29µg (23.13%), Potassium: 671.41mg (19.18%), Fiber: 4.52g (18.07%), Manganese: 0.29mg (14.4%), Vitamin B6: 0.26mg (12.98%), Vitamin B3: 1.68mg (8.38%), Vitamin E: 1.26mg (8.38%), Vitamin B1: 0.12mg (7.76%), Folate: 28.46µg (7.12%), Phosphorus: 65.2mg (6.52%), Magnesium: 24.1mg (6.02%), Calcium: 53.84mg (5.38%), Vitamin B2: 0.09mg (5.28%), Copper: 0.09mg (4.72%), Iron: 0.71mg (3.95%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.43mg (2.84%), Selenium: 1.72µg (2.46%)