

Recipe Analyzer Results

A single serving of this recipe has 83 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 10

Amount per serving

Calories 83

% Daily Value\*

Total Fat 5.6g 7%

Saturated Fat 1.1g 6%

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 7.9g 3%

Dietary Fiber 2.7g 10%

Total Sugars 4.1g

Protein 1.3g

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0mg 3%

Ingredients:

- 500 ml (2 cups) carrots, grated
- 1 large onion, finely chopped
- 60 ml (1/4 cup) vegetable oil
- 60 ml (1/4 cup) vinegar
- 1 small green cabbage, shredded

Potassium 222mg

5%

## Nutrition Facts

Servings: 10

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**