



Beet and Carrot Salad with Coriander and Sesame Salt



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 8 inch beets red peeled
- ☐ 1 pound carrots peeled
- ☐ 0.8 teaspoon kosher salt
- ☐ 1.5 teaspoons coriander seeds
- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 2 tablespoons sesame seed
- ☐ 3.5 tablespoons shallots minced
- ☐ 1 tablespoon miso white (fermented soybean paste)

Equipment

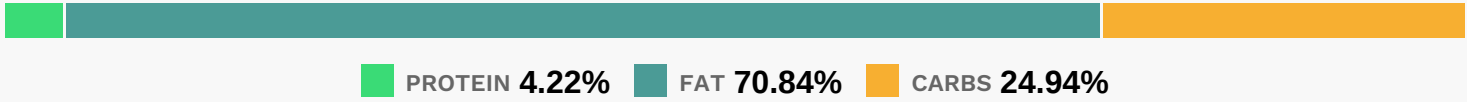
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ box grater

Directions

- ☐ Whisk shallot, vinegar, orange juice, miso, ginger, and orange peel in medium bowl.
- ☐ Let stand 10 minutes to allow flavors to blend. Gradually whisk in oil.
- ☐ Toast coriander seeds in small skillet over medium heat until beginning to brown, about 2 minutes. Cool.
- ☐ Transfer to spice mill; process until coarsely ground.
- ☐ Add sesame seeds to same skillet. Toast over medium heat until golden brown, about 3 minutes.
- ☐ Add 3/4 teaspoon coarse salt; stir 30 seconds.
- ☐ Transfer sesame salt to small bowl and cool. DO AHEAD: Dressing and toasted spices can be made 1 day ahead.
- ☐ Cover and chill dressing. Store toasted coriander and sesame salt in separate airtight containers at room temperature.
- ☐ Using shredding disc on processor or a box grater, coarsely grate beets and carrots.
- ☐ Transfer vegetables to large bowl.
- ☐ Add enough dressing to coat lightly.
- ☐ Add coriander and 1 tablespoon sesame salt. Toss to coat.

- ☐
- Let marinate at roomtemperature 30 minutes. Season salad totaste with salt and pepper. DO
AHEAD: Canbe made 4 hours ahead. Cover and chill.
- ☐
- Toss salad, adding additional dressing,if desired.
- ☐
- Sprinkle with remaining sesamesalt and serve.

Nutrition Facts



Properties

Glycemic Index:42.98, Glycemic Load:2.68, Inflammation Score:-10, Nutrition Score:9.0626086734397%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 127.25kcal (6.36%), Fat: 10.34g (15.91%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.73g (4.14%), Cholesterol: 0mg (0%), Sodium: 339.8mg (14.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin A: 9484.21IU (189.68%), Vitamin K: 13.57µg (12.92%), Vitamin E: 1.68mg (11.21%), Manganese: 0.19mg (9.63%), Fiber: 2.33g (9.33%), Vitamin C: 6.21mg (7.52%), Potassium: 236.92mg (6.77%), Copper: 0.13mg (6.43%), Vitamin B6: 0.12mg (5.87%), Folate: 18.71µg (4.68%), Magnesium: 18.47mg (4.62%), Calcium: 45.43mg (4.54%), Vitamin B1: 0.06mg (4.24%), Phosphorus: 42.26mg (4.23%), Iron: 0.72mg (4.01%), Vitamin B3: 0.71mg (3.56%), Vitamin B2: 0.05mg (2.78%), Zinc: 0.4mg (2.64%), Vitamin B5: 0.19mg (1.89%), Selenium: 1.08µg (1.54%)