



Caraway-roasted carrot & feta salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 300 g carrots peeled halved quartered
- ☐ 1 tsp caraway seeds
- ☐ 2 tsp olive oil
- ☐ 1 orange zest
- ☐ 2 tsp red wine vinegar
- ☐ 1 tbsp pumpkin seeds mixed such as pumpkin seed, sunflower and linseed
- ☐ 2 large handfuls pkt spinach
- ☐ 50 g feta cheese

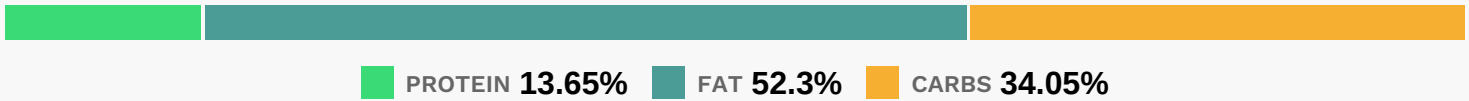
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Boil carrots for 4 mins.
- ☐ Drain, tip onto a baking sheet, then toss with the caraway seeds, 1 tsp oil, the orange zest and seasoning. Roast for 20 mins until golden and tender.
- ☐ Cut away the pith from the orange. Hold the orange over a bowl, then cut free each segment, catching the juice and segments in the bowl. Squeeze out any remaining juice, then add the remaining oil, vinegar, seeds and seasoning. Stir, then combine with the roasted carrots and spinach. Divide between two plates and crumble over the feta.

Nutrition Facts



Properties

Glycemic Index:57.92, Glycemic Load:5.19, Inflammation Score:-10, Nutrition Score:23.458260844583%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 212.65kcal (10.63%), Fat: 12.97g (19.95%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 12.81g (4.66%), Sugar: 7.31g (8.13%), Cholesterol: 22.25mg (7.42%), Sodium: 413.4mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Vitamin A: 28007.41IU (560.15%), Vitamin K: 168.22µg (160.21%), Manganese: 0.73mg (36.69%), Vitamin C: 25.78mg (31.25%), Folate: 99.5µg (24.88%), Fiber: 6.2g (24.78%), Calcium: 221.99mg (22.2%), Phosphorus: 220.72mg (22.07%), Vitamin B2: 0.37mg (21.87%), Potassium: 732.25mg (20.92%), Magnesium: 80.28mg (20.07%), Vitamin B6: 0.39mg (19.65%), Vitamin E: 2.44mg (16.28%), Vitamin B1: 0.19mg (12.38%), Iron: 2.13mg (11.85%), Vitamin B3: 2.28mg (11.4%), Zinc: 1.7mg (11.36%), Copper:

0.2mg (9.86%), Vitamin B5: 0.74mg (7.38%), Vitamin B12: 0.42µg (7.04%), Selenium: 4.86µg (6.94%)