



Carrot and Watercress Salad with Orange Blossom Water | A False Start



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



18 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds salted
- ☐ 4 servings pepper black freshly ground
- ☐ 2 small bunches carrots peeled
- ☐ 1 garlic clove smashed finely
- ☐ 1 tsp ground cumin
- ☐ 2 Tablespoons olive oil
- ☐ 1 teaspoon orange-flower water

- ☐ 2 Tablespoons parsley fresh italian finely chopped
- ☐ 0.3 tsp sea salt
- ☐ 1 large bunch watercress washed and dried
- ☐ 2 Tablespoons citrus champagne vinegar

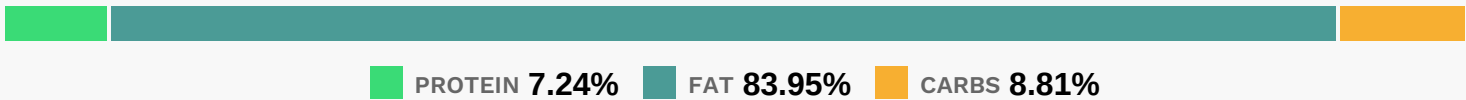
Equipment

- ☐ bowl

Directions

- ☐ Add whole carrots and simmer about 6 to 8 minutes or until just tender but still firm. Refresh under cold running water.
- ☐ Drain well.In the meantime make the cumin & orange blossom dressing.
- ☐ Combine the cumin, olive oil, white wine vinegar, smashed garlic and orange blossom water in a large bowl and stir to combine.
- ☐ Place the cooked carrots in serving bowl with the dressing (reserving some for later) and toss gently until well combined. Season with salt and pepper. Cover and place in the fridge for 2 hours to develop the flavors.In a large bowl toss the fresh parsley and watercress with the remaining dressing until just combined.
- ☐ Add the carrots and gently combine. Top with chopped green olives and macron almonds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.96, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:6.8034781761791%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg

4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 119.91kcal (6%), Fat: 11.6g (17.85%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 151.19mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.51%), Vitamin K: 52.91µg (50.39%), Vitamin E: 3.4mg (22.63%), Manganese: 0.27mg (13.46%), Vitamin A: 458.5IU (9.17%), Magnesium: 29mg (7.25%), Vitamin C: 5.69mg (6.89%), Vitamin B2: 0.11mg (6.72%), Copper: 0.11mg (5.44%), Fiber: 1.32g (5.29%), Phosphorus: 52.47mg (5.25%), Iron: 0.9mg (4.99%), Calcium: 41.53mg (4.15%), Potassium: 115.12mg (3.29%), Zinc: 0.34mg (2.3%), Vitamin B1: 0.03mg (2.05%), Vitamin B3: 0.4mg (1.98%), Folate: 7.72µg (1.93%), Vitamin B6: 0.03mg (1.73%)