



Carrot, Date and Feta Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons almonds toasted chopped
- ☐ 3 medium carrots
- ☐ 2 tablespoons dates finely chopped
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 tablespoons cilantro leaves fresh roughly chopped
- ☐ 2 teaspoons honey
- ☐ 1 juice of lime
- ☐ 4 servings kosher salt

☐ 1.5 tablespoons olive oil extra-virgin

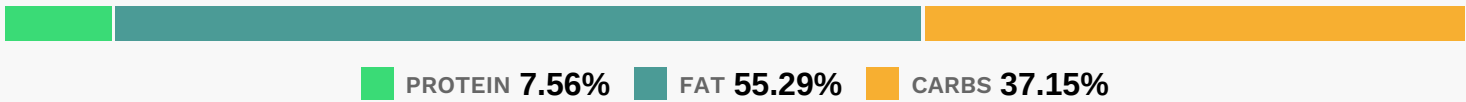
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ Thinly slice the carrots into ribbons using a vegetable peeler or mandolin, including any remaining "stubs" of carrot. Soak in ice water until the ribbons firm up and curl, about 15 minutes.
- ☐ Drain and pat dry.
- ☐ Whisk together the cilantro, olive oil, honey, 1/2 teaspoon salt and the lime juice in a medium bowl.
- ☐ Add the carrots along with the feta cheese, almonds and dates, and toss until evenly combined.
- ☐ Serve immediately, or let the salad marinate a bit before serving.

Nutrition Facts



Properties

Glycemic Index:55.03, Glycemic Load:5.71, Inflammation Score:-10, Nutrition Score:9.9969565039096%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 152.67kcal (7.63%), Fat: 9.91g (15.24%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 12.43g (4.52%), Sugar: 10.14g (11.27%), Cholesterol: 8.34mg (2.78%), Sodium: 332.92mg (14.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Vitamin A: 7700.6IU (154.01%), Vitamin E: 2.38mg (15.87%), Manganese: 0.21mg (10.37%), Fiber: 2.55g (10.19%), Vitamin B2: 0.17mg (10.02%), Vitamin K: 10.24µg (9.75%), Calcium: 79.26mg (7.93%), Phosphorus: 77.59mg (7.76%), Potassium: 249.79mg (7.14%), Vitamin B6: 0.13mg (6.3%), Magnesium: 24.72mg (6.18%), Vitamin C: 5.05mg (6.12%), Copper: 0.09mg (4.72%), Vitamin B3: 0.84mg (4.18%), Folate: 16.26µg (4.07%), Vitamin B1: 0.06mg (4.05%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.3mg (2.96%), Iron: 0.52mg (2.87%), Selenium: 1.92µg (2.74%), Vitamin B12: 0.16µg (2.64%)