



Carrot Manchego Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 bibb lettuce leaves whole washed and dried
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cumin seeds (see Notes)
- ☐ 2 teaspoons cilantro leaves fresh minced for garnish
- ☐ 1 small garlic clove
- ☐ 0.5 teaspoon mild honey
- ☐ 3 ounces manchego cheese shaved with a vegetable peeler (see Notes)
- ☐ 5.5 tablespoons olive oil fruity extra-virgin

- ☐ 2 tablespoons orange juice freshly squeezed
- ☐ 2.3 tsp salt divided
- ☐ 2 tablespoons sherry vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ colander
- ☐ cutting board
- ☐ meat tenderizer
- ☐ chefs knife

Directions

- ☐ Toss sliced carrots with 2 tsp. salt and put in a colander. Put a plate on top of carrots, weigh down with a 1-lb. can, and set in sink to drain for 1 hour.
- ☐ Meanwhile, chop garlic, sprinkle with a pinch of salt, and mash to a paste on a cutting board with the flat side of a chef's knife. In a small frying pan, toast cumin seeds over medium heat until fragrant, 1 minute, and grind finely with a mortar and pestle (or put cooled seeds in a resealable plastic bag and crush with a meat mallet or the underside of a small heavy frying pan). In a small bowl, whisk together garlic, cumin, orange juice, sherry vinegar, honey, pepper, remaining 1/4 tsp. salt, and minced cilantro; whisk in olive oil.
- ☐ Rinse carrots and turn onto a clean dish towel. Gently dry with another towel. In a large bowl, toss carrots with half of the vinaigrette and the shaved cheese. Divide lettuce leaves among plates and drizzle lightly with remaining vinaigrette.
- ☐ Layer carrots on top and crown with cilantro leaves.

Nutrition Facts



 PROTEIN 8.64%  FAT 86.95%  CARBS 4.41%

Properties

Glycemic Index:33.88, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:4.8586956029353%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 185.2kcal (9.26%), Fat: 18.04g (27.76%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.2g (1.34%), Cholesterol: 15.17mg (5.06%), Sodium: 960.78mg (41.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin K: 33.71µg (32.1%), Vitamin A: 924.73IU (18.49%), Calcium: 166.82mg (16.68%), Vitamin E: 1.91mg (12.73%), Folate: 20.06µg (5.01%), Vitamin C: 3.98mg (4.82%), Manganese: 0.09mg (4.57%), Iron: 0.67mg (3.73%), Potassium: 83.75mg (2.39%), Vitamin B6: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.51%), Fiber: 0.38g (1.5%), Magnesium: 5.75mg (1.44%), Phosphorus: 12.34mg (1.23%), Vitamin B2: 0.02mg (1.14%)