



 **64%**
HEALTH SCORE

Carrot, Orange and Radish Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



80 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 carrots
- 1 handful cilantro leaves fresh
- 1 handful mint leaves fresh
- 0.5 teaspoon ground cinnamon
- 0.5 juice of lemon juiced
- 6 servings kosher salt
- 2 navel oranges
- 1 teaspoon orange-flower water

- 6 radishes (or 4-inch piece daikon radish)
- 0.5 teaspoon sugar

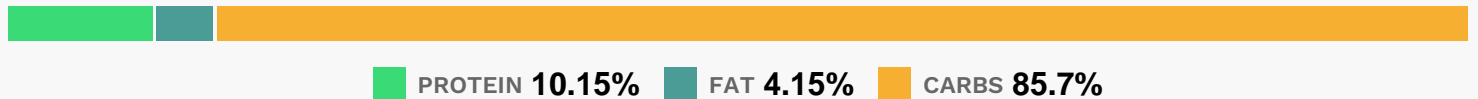
Equipment

- bowl

Directions

- Slice carrots and radishes as thinly as possible and add to a large bowl.
- Add mint and cilantro.
- Remove the peel and pith from the oranges. Working over a bowl to catch the juice, cut between the membranes to remove the orange segments; add them to the carrots. Squeeze the membrane to extract the rest of the juice and add the cinnamon, sugar, lemon juice, orange flower water, and salt, to taste.
- Mix to dissolve sugar and salt.
- Pour over the carrot mixture and gently toss to coat. The salad can be served immediately but allowing it to sit for 1 or 2 hours will help the flavors to blend. Just before serving, taste and adjust seasoning.

Nutrition Facts



Properties

Glycemic Index:30.99, Glycemic Load:4.23, Inflammation Score:-10, Nutrition Score:18.741739148679%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 10.64mg, Hesperetin: 10.64mg, Hesperetin: 10.64mg, Hesperetin: 10.64mg Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 103.25kcal (5.16%), Fat: 0.52g (0.81%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 16.63g (6.05%), Sugar: 14.75g (16.39%), Cholesterol: 0mg (0%), Sodium: 293.86mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin A: 6982.99IU (139.66%), Vitamin C: 105.71mg (128.13%), Fiber: 7.74g (30.97%), Folate: 119.92µg (29.98%), Potassium: 985.47mg (28.16%), Copper: 0.43mg (21.5%), Magnesium: 65.06mg (16.26%), Calcium: 128.76mg (12.88%), Vitamin B6: 0.25mg (12.59%), Manganese: 0.24mg (12.04%), Phosphorus: 103.82mg (10.38%), Iron: 1.6mg (8.88%), Vitamin B1: 0.13mg (8.52%), Vitamin K: 8.5µg (8.1%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.12mg (6.96%), Vitamin B3: 1.3mg (6.49%), Zinc: 0.66mg (4.38%), Selenium: 2.42µg (3.46%), Vitamin E: 0.36mg (2.42%)