

Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 large carrots peeled
- 0.5 teaspoon cayenne pepper
- 0.3 cup flat-leaf parsley finely chopped
- 2 cloves garlic finely chopped
- 2 teaspoons ground cumin
- 0.3 cup juice of lemon fresh
- 0.3 cup olive oil
- 1 teaspoon salt plus more for water

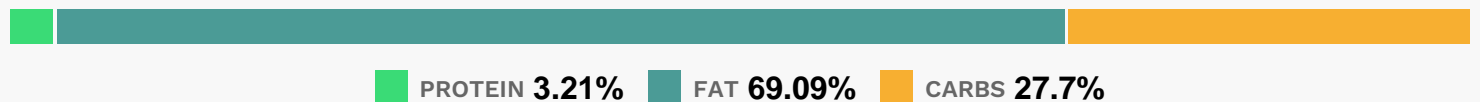
Equipment

- bowl
- whisk
- pot

Directions

- Watch how to make this recipe.
- Bring a large pot of salted water to a boil.
- Add the whole carrots (cut them in half if they don't fit in the pot) and cook until just cooked through, about 8 to 10 minutes.
- Drain and cut carrots into 1/2-inch thick slices.
- Whisk together the lemon juice, garlic, cumin, cayenne, and salt in a large bowl.
- Slowly drizzle in the olive oil until emulsified and stir in the parsley.
- Add the cooked carrots and toss to combine.
- Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:10.82608693579%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 116.74kcal (5.84%), Fat: 9.4g (14.46%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 6.21g (2.26%), Sugar: 3.73g (4.15%), Cholesterol: 0mg (0%), Sodium: 52.74mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin A: 12317.44IU (246.35%), Vitamin K: 56.11µg (53.44%), Vitamin C: 12mg (14.54%), Vitamin E: 1.88mg (12.52%), Fiber: 2.27g (9.06%), Potassium: 274.1mg (7.83%), Manganese: 0.15mg (7.52%), Vitamin B6: 0.13mg (6.28%), Iron: 0.9mg (5.01%), Folate: 19.79µg (4.95%), Vitamin B3: 0.8mg (4.01%), Vitamin B1: 0.06mg (3.92%), Calcium: 36.2mg (3.62%), Magnesium: 13.45mg (3.36%), Phosphorus: 32.81mg (3.28%), Vitamin B2: 0.05mg (2.97%), Copper: 0.05mg (2.36%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.25mg (1.68%)