



Carrot Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

10

CALORIES

calories

85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds carrots grated
- ☐ 4 tablespoons coriander seeds toasted
- ☐ 2 tablespoons cumin seeds toasted
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup mint leaves chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 orange zest juiced

- ☐ 10 servings salt
- ☐ 6 shallots minced
- ☐ 0.3 cup citrus champagne vinegar

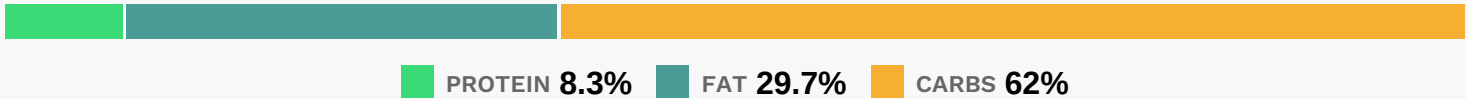
Equipment

- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, combine shallots, garlic, and vinegar. Season with salt.
- ☐ Add the remaining ingredients and toss together.
- ☐ Serve when ready.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:11.280869540961%

Flavonoids

Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 85.3kcal (4.27%), Fat: 3.07g (4.72%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 9.74g (3.54%), Sugar: 5.52g (6.13%), Cholesterol: 0mg (0%), Sodium: 263mg (11.43%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin A: 15372.86IU (307.46%), Fiber: 4.66g (18.66%), Manganese: 0.34mg (16.76%), Vitamin C: 11.98mg (14.52%), Vitamin K: 13.5µg (12.86%), Potassium: 423.12mg (12.09%), Iron: 1.88mg (10.45%), Vitamin B6: 0.2mg (9.99%), Calcium: 78.23mg (7.82%), Magnesium: 29.61mg (7.4%), Folate: 28.33µg (7.08%), Vitamin E: 0.96mg (6.43%), Phosphorus: 60.17mg (6.02%), Vitamin B1: 0.09mg (5.93%), Vitamin B3: 1.12mg (5.62%), Copper: 0.1mg (5.19%), Vitamin B2: 0.08mg (4.72%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.32mg (3.22%), Selenium: 0.97µg (1.39%)