



HEALTH SCORE

53%

Carrot Salad with Orange, Green Olives, and Green Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pounds carrots peeled
- ☐ 1 cup spring onion chopped
- ☐ 1 tablespoon ground coriander
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup oil-cured olives green pitted drained chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 slices cranberry-orange relish

- ☐ 1 tablespoon orange zest grated
- ☐ 16 servings parsley fresh italian

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook carrots in large pot of boiling salted water until crisp-tender, about 7 minutes.
- ☐ Drain well.
- ☐ Whisk oil, lemon juice, orange peel, and coriander in large bowl to blend.
- ☐ Add hot carrots and toss to coat. Cool, tossing occasionally. Season with salt and pepper.
- ☐ Drizzle with honey, if desired. Stir in olives and green onions. Cover and refrigerate at least 3 hours. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Stir salad to redistribute dressing.
- ☐ Garnish edges of platter with orange slices and parsley. Mound carrots in center.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:12.783043546521%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 82.92kcal (4.15%), Fat: 4.98g (7.66%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 6.66g (2.42%), Sugar: 4.43g (4.93%), Cholesterol: 0mg (0%), Sodium: 193.77mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin A: 14644.42IU (292.89%), Vitamin K: 91.91µg (87.54%), Vitamin C: 14.03mg (17.01%), Fiber: 3.16g (12.63%), Vitamin E: 1.44mg (9.61%), Potassium: 325.41mg (9.3%), Manganese: 0.14mg (7.23%), Folate: 27.63µg (6.91%), Vitamin B6: 0.13mg (6.52%), Vitamin B3: 0.96mg (4.79%), Calcium: 45.91mg (4.59%), Vitamin B1: 0.07mg (4.51%), Iron: 0.71mg (3.97%), Magnesium: 15.81mg (3.95%), Phosphorus: 36.52mg (3.65%), Vitamin B2: 0.06mg (3.59%), Copper: 0.06mg (3.2%), Vitamin B5: 0.26mg (2.64%), Zinc: 0.29mg (1.95%)