



Cumin-Scented Carrot "Salad"



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups coarsely carrot shredded
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 garlic cloves crushed
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon water

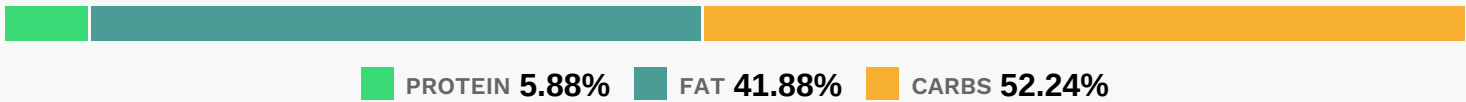
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Steam carrot, covered, 3 minutes or until crisp-tender. Rinse under cold water, and drain well. Spoon into a medium bowl; set aside.
- ☐ Place a small skillet over medium-low heat.
- ☐ Add cumin; cook 20 seconds, stirring constantly.
- ☐ Remove from heat.
- ☐ Add lemon juice and next 5 ingredients (lemon juice through garlic); stir with a whisk until blended.
- ☐ Add lemon juice mixture and parsley to carrot; toss well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:9.7547825406427%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 52.26kcal (2.61%), Fat: 2.61g (4.01%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 5.35g (1.94%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 143.44mg (6.24%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin A: 10907.44IU (218.15%), Vitamin K: 50.96µg (48.53%), Vitamin C: 10.34mg (12.53%), Fiber: 1.96g (7.85%), Potassium: 236.94mg (6.77%), Manganese: 0.13mg (6.49%), Vitamin B6: 0.11mg (5.4%), Vitamin E: 0.8mg (5.34%), Folate: 17.53µg (4.38%), Vitamin B3: 0.69mg (3.46%), Iron: 0.61mg (3.38%), Vitamin B1: 0.05mg (3.36%), Calcium: 30.28mg (3.03%), Phosphorus: 27.71mg (2.77%), Magnesium: 10.95mg (2.74%), Vitamin B2: 0.04mg (2.53%), Copper: 0.04mg (2.03%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.21mg (1.42%)