



WHATSheATE



## Grated Carrots with Cumin-Orange Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

### Ingredients

- ☐ 3 cups carrots grated
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons orange juice fresh

☐

0.3 teaspoon salt

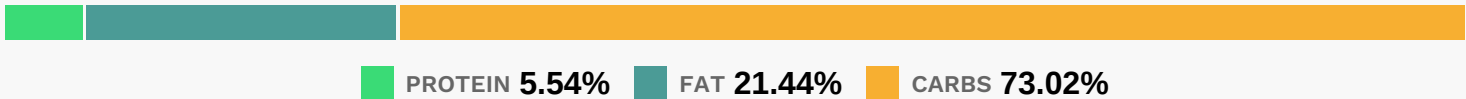
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Place cumin in a small skillet. Cook over medium heat 2 minutes or until toasted and fragrant, stirring frequently.
- ☐ Combine cumin and remaining ingredients in a bowl. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:37.42, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:8.5499999600908%

## Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 61.53kcal (3.08%), Fat: 1.58g (2.43%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 10.01g (3.64%), Sugar: 7.4g (8.22%), Cholesterol: 0mg (0%), Sodium: 142.6mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin A: 10771.77IU (215.44%), Vitamin K: 20.62µg (19.64%), Vitamin C: 10.1mg (12.25%), Fiber: 2.1g (8.4%), Potassium: 276.5mg (7.9%), Manganese: 0.12mg (5.94%), Vitamin B6: 0.11mg (5.69%), Vitamin E: 0.64mg (4.27%), Folate: 16.46µg (4.12%), Vitamin B3: 0.75mg (3.76%), Vitamin B1: 0.05mg (3.51%), Phosphorus: 32.24mg (3.22%), Vitamin B2: 0.05mg (3.11%), Magnesium: 11.84mg (2.96%), Copper: 0.06mg (2.88%), Calcium: 28mg (2.8%), Iron: 0.48mg (2.67%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.19mg (1.29%)