



HEALTH SCORE

83%

Honeyed carrot salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



17 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 500 g carrots thinly sliced
- ☐ 2 tbsp clear honey
- ☐ 1 juice of lemon
- ☐ 4 tbsp olive oil
- ☐ 1 head chicory
- ☐ 100 g rocket
- ☐ 50 g pinenuts toasted

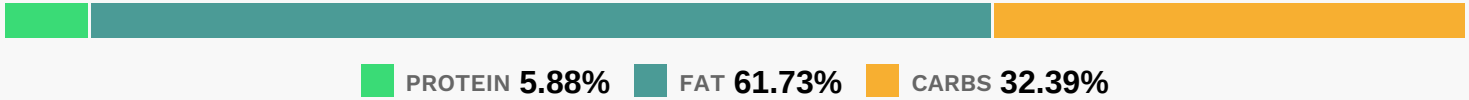
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Blanch the carrot in boiling water for 2 mins, then drain and cool.
- ☐ Whisk together the honey, lemon and oil and season to taste. To serve, toss the carrots in a bowl with the chicory and rocket.
- ☐ Pour the dressing over, toss well. Pile in a serving bowl, scatter with pinenuts.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:4.39, Inflammation Score:-10, Nutrition Score:17.890434687552%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 10.19mg, Kaempferol: 10.19mg, Kaempferol: 10.19mg, Kaempferol: 10.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 159.04kcal (7.95%), Fat: 11.63g (17.89%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 9.78g (3.56%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 59.39mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin A: 11958.85IU (239.18%), Vitamin K: 159.4µg (151.8%), Manganese: 0.92mg (46.03%), Folate: 106.86µg (26.71%), Fiber: 3.95g (15.79%), Vitamin E: 2.31mg (15.4%), Potassium: 466.73mg (13.34%), Vitamin C: 10.75mg (13.03%), Magnesium: 37.83mg (9.46%), Copper: 0.18mg (8.92%), Phosphorus: 80.57mg (8.06%), Vitamin B1: 0.12mg (7.69%), Vitamin B5: 0.76mg (7.6%), Calcium: 71.49mg (7.15%), Zinc: 1.07mg (7.13%), Iron: 1.25mg (6.93%), Vitamin B2: 0.11mg (6.23%), Vitamin B3: 1.16mg (5.81%), Vitamin B6: 0.12mg (5.77%)