



## Mediterranean Carrot Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 teaspoons ground caraway seeds
- 2 pounds carrots peeled thinly sliced
- 3 tablespoons cider vinegar
- 4 oz feta cheese crumbled
- 3 cloves garlic peeled
- 1 teaspoon harissa
- 0.5 cup kalamata olives
- 3 tablespoons olive oil extra-virgin

4 servings salt

## Equipment

frying pan

whisk

## Directions

Combine carrots, garlic cloves, and about 1/2 cup water in a medium pan over high heat. Bring to a boil, then reduce heat, cover, and simmer until carrots are just tender when pierced, 4 to 5 minutes.

Drain.

Meanwhile, in a glass measure, mix olive oil, vinegar, caraway, and harissa. Mash the cooked garlic cloves with a fork and whisk into dressing.

Pour over warm carrots and mix gently to coat.

Add salt to taste.

Let cool to room temperature.

Mound carrot mixture onto plates and surround with kalamata olives and feta cheese.

Wine pairing: Peppery Syrah, with solid dark fruit, herb, and olive flavors. Best in our pairing: Stolpman 2003 (Santa Ynez Valley, CA; \$25), Syncline Milbrandt Vineyard 2004 (Columbia Valley, WA; \$22), and Qup 2004 (Central Coast, CA; \$16).

Flavor bridges: Bitterness in wine can balance sweetness in carrots, or, as chef Briwa puts it, "Bitterness can make things taste grown-up." The olive flavors you can find in a Syrah do it for this dish; herbal notes keep step with the caraway. Deep, concentrated fruit flavors in the wine soften the spicy harissa.

## Nutrition Facts



**PROTEIN 8.73%** **FAT 58.49%** **CARBS 32.78%**

## Properties

Glycemic Index:35.96, Glycemic Load:7.75, Inflammation Score:-10, Nutrition Score:19.018260655196%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## **Nutrients (% of daily need)**

Calories: 295.6kcal (14.78%), Fat: 19.88g (30.59%), Saturated Fat: 5.64g (35.27%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 17.71g (6.44%), Sugar: 11.08g (12.31%), Cholesterol: 25.23mg (8.41%), Sodium: 954.79mg (41.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin A: 38086.86IU (761.74%), Vitamin K: 37.11µg (35.34%), Fiber: 7.36g (29.46%), Vitamin E: 3.75mg (25.02%), Vitamin B6: 0.47mg (23.6%), Calcium: 235.61mg (23.56%), Potassium: 785.93mg (22.46%), Vitamin B2: 0.38mg (22.3%), Manganese: 0.41mg (20.57%), Phosphorus: 186.26mg (18.63%), Vitamin C: 14.49mg (17.57%), Vitamin B1: 0.21mg (13.76%), Folate: 52.95µg (13.24%), Vitamin B3: 2.62mg (13.11%), Zinc: 1.46mg (9.7%), Magnesium: 38.32mg (9.58%), Vitamin B5: 0.91mg (9.11%), Vitamin B12: 0.48µg (7.99%), Copper: 0.15mg (7.49%), Selenium: 5.1µg (7.28%), Iron: 1.24mg (6.89%)