



Middle Eastern Carrot Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups carrots coarsely chopped (4 medium)
- ☐ 1 stick cinnamon (3-inch)
- ☐ 2.5 tablespoons olive oil extravirgin
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup israeli couscous uncooked

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 0.8 teaspoon salt
- ☐ 2.3 cups water

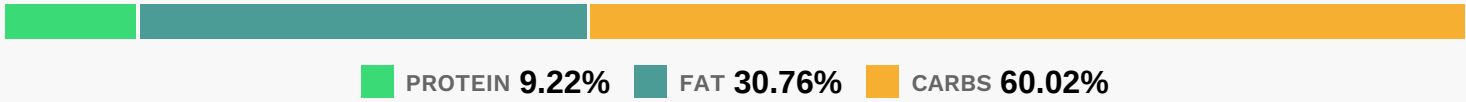
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a large saucepan; bring to a boil. Cook 10 minutes or until carrot and couscous are tender.
- ☐ Drain; discard cinnamon stick.
- ☐ Combine couscous mixture, cilantro, and remaining ingredients in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:26.98, Glycemic Load:11.13, Inflammation Score:-10, Nutrition Score:8.9152173749779%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 135.11kcal (6.76%), Fat: 4.64g (7.13%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 18.09g (6.58%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 246.61mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin A: 5443.34IU (108.87%), Vitamin K: 23.87µg

(22.74%), Manganese: 0.3mg (15.12%), Fiber: 2.27g (9.07%), Vitamin E: 0.87mg (5.8%), Vitamin B3: 1.09mg (5.46%), Vitamin C: 4.21mg (5.1%), Phosphorus: 49.82mg (4.98%), Potassium: 151.95mg (4.34%), Copper: 0.08mg (4.19%), Vitamin B1: 0.06mg (3.94%), Magnesium: 15.39mg (3.85%), Vitamin B6: 0.08mg (3.78%), Vitamin B5: 0.36mg (3.64%), Folate: 12.4µg (3.1%), Iron: 0.55mg (3.03%), Calcium: 25.77mg (2.58%), Vitamin B2: 0.04mg (2.22%), Zinc: 0.29mg (1.95%)