



Minty carrot, pistachio & feta salad



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil for drizzling plus a little extra
- ☐ 500 g carrots halved cut into chunks
- ☐ 400 g chickpea drained and rinsed canned
- ☐ 2 tsp ground cumin
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp clear honey
- ☐ 1 small bunch mint leaves chopped
- ☐ 2 handfuls pkt spinach

- ☐ 100 g pistachio shelled roughly chopped
- ☐ 200 g pack feta cheese crumbled

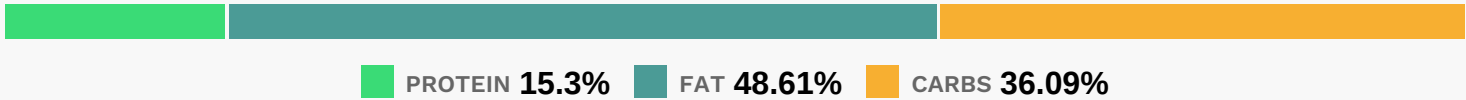
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Tip 1 tbsp of the oil, the carrots, chickpeas and cumin onto a baking tray, season and toss to coat. Roast for 30 mins or until the carrots are tender.
- ☐ Mix together the lemon juice, honey and remaining oil, then pour all over the roasted carrots and chickpeas. Leave to cool. You can chill the salad at this stage, for up to 1 day; just bring it out of the fridge 1 hr before serving.
- ☐ Mix through the mint, spinach leaves and pistachios, and check the seasoning. Scatter the feta over and drizzle with a little extra oil.

Nutrition Facts



Properties

Glycemic Index:34.48, Glycemic Load:8.47, Inflammation Score:-10, Nutrition Score:26.708695644918%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

0.82mg

Nutrients (% of daily need)

Calories: 383.21kcal (19.16%), Fat: 21.52g (33.11%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 26.48g (9.63%), Sugar: 11.42g (12.69%), Cholesterol: 29.67mg (9.89%), Sodium: 451.82mg (19.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.48%), Vitamin A: 15124.14IU (302.48%), Vitamin K: 65.41µg (62.3%), Manganese: 1.14mg (56.9%), Folate: 170.46µg (42.62%), Fiber: 9.47g (37.9%), Phosphorus: 344.22mg (34.42%), Vitamin B6: 0.66mg (32.88%), Copper: 0.52mg (26.11%), Calcium: 260.13mg (26.01%), Vitamin B2: 0.42mg (24.88%), Vitamin B1: 0.34mg (22.79%), Iron: 3.84mg (21.32%), Potassium: 728.12mg (20.8%), Magnesium: 79.59mg (19.9%), Zinc: 2.65mg (17.65%), Vitamin E: 2.13mg (14.18%), Vitamin C: 10.77mg (13.06%), Selenium: 8.88µg (12.69%), Vitamin B12: 0.56µg (9.39%), Vitamin B3: 1.84mg (9.19%), Vitamin B5: 0.84mg (8.42%)