



Moroccan Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



5

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup orange juice
- 2 tablespoons olive oil
- 1 teaspoon orange zest
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 0.3 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)
- 0.1 teaspoon ground cinnamon

- 10 oz carrots (matchstick-cut) (5 cups)
- 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 0.3 cup golden raisins
- 3 tablespoons almonds salted whole coarsely chopped
- 0.3 cup cilantro leaves fresh coarsely chopped

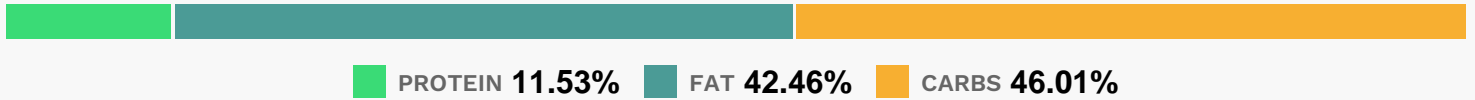
Equipment

- bowl
- whisk

Directions

- In small bowl, combine all dressing ingredients with whisk until blended; set aside.
- In large bowl, combine carrots, chick peas and raisins; toss to combine.
- Add dressing; mix thoroughly. Cover and refrigerate at least 2 hours or overnight, stirring occasionally. Just before serving, sprinkle with almonds and cilantro.

Nutrition Facts



Properties

Glycemic Index:58.97, Glycemic Load:8.76, Inflammation Score:-10, Nutrition Score:15.758260768393%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 213.29kcal (10.66%), Fat: 10.6g (16.31%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 19.17g (6.97%), Sugar: 8.35g (9.27%), Cholesterol: 0mg (0%), Sodium: 394.34mg (17.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.95%), Vitamin A: 9788.47IU (195.77%), Manganese: 0.97mg (48.55%), Fiber: 6.68g (26.72%), Vitamin B6: 0.53mg (26.53%), Vitamin E: 2.9mg (19.31%), Vitamin K: 14µg (13.33%), Phosphorus: 131.09mg (13.11%), Magnesium: 52.45mg (13.11%), Vitamin C: 10.7mg (12.97%), Copper: 0.26mg (12.91%), Potassium: 449.36mg (12.84%), Iron: 2mg (11.12%), Folate: 39.52µg (9.88%), Vitamin B2: 0.14mg (8.23%), Calcium: 76.35mg (7.63%), Zinc: 0.98mg (6.56%), Vitamin B1: 0.09mg (6.25%), Vitamin B3: 1.09mg (5.47%), Vitamin B5: 0.49mg (4.88%), Selenium: 2.13µg (3.04%)