



Moroccan Carrot Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups carrots thinly sliced
- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley chopped

☐ 4 servings salt

Equipment

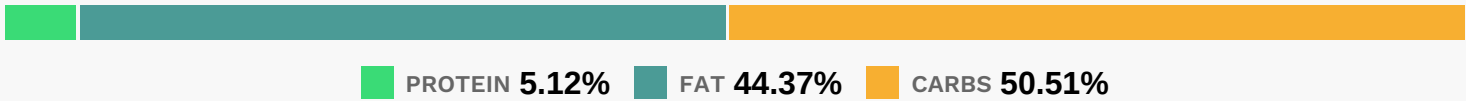
☐ bowl

☐ frying pan

Directions

- ☐ Simmer carrots in water to cover until just tender to bite, 5 to 7 minutes.
- ☐ Drain.
- ☐ Meanwhile, in a 1- to 2-quart pan over medium-high heat, stir coriander and cumin until fragrant, about 45 seconds.
- ☐ Pour spices into a bowl and mix in cayenne, lemon juice, 2 tablespoons olive oil, parsley, garlic, and carrots. Season to taste with salt, and if desired, moisten salad with a little more olive oil.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:6.18, Inflammation Score:-10, Nutrition Score:14.888695665028%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 145.54kcal (7.28%), Fat: 7.61g (11.71%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 13.84g (5.03%), Sugar: 9.34g (10.38%), Cholesterol: 0mg (0%), Sodium: 328.04mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin A: 32350.1IU (647%), Vitamin K: 62.57µg (59.59%), Fiber: 5.66g (22.63%), Vitamin C: 17.26mg (20.92%), Potassium: 645.26mg (18.44%), Vitamin E: 2.38mg (15.87%), Manganese: 0.3mg (14.97%), Vitamin B6: 0.28mg (14.08%), Folate: 41.31µg (10.33%), Vitamin B3: 1.96mg

(9.78%), Vitamin B1: 0.13mg (8.88%), Phosphorus: 71.91mg (7.19%), Calcium: 70.75mg (7.07%), Vitamin B2: 0.12mg (6.96%), Magnesium: 26.25mg (6.56%), Vitamin B5: 0.54mg (5.44%), Iron: 0.9mg (4.98%), Copper: 0.1mg (4.82%), Zinc: 0.51mg (3.43%)