



Moroccan Carrot Salad with Feta

 Vegetarian  Gluten Free

READY IN



26 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound carrots with greens on (or baby carrots) peeled (20)
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon honey

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 cups mâche lettuce
- ☐ 1 tablespoon olive oil
- ☐ 12 picholine olives pitted
- ☐ 2 tablespoons orange juice fresh
- ☐ 3 tablespoons shallots finely chopped

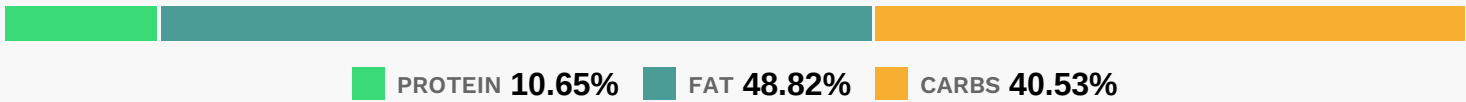
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Meanwhile, heat the olive oil over moderately high heat in a small nonstick skillet; add shallot, and cook, stirring, for about 2 minutes.
- ☐ Add the garlic and the next 3 ingredients (through cinnamon), and cook, stirring, for 1 minute.
- ☐ Transfer the mixture to a bowl, and whisk in honey and orange and lemon juice. Stir in cilantro.
- ☐ When water is boiling, cook carrots for 8 minutes or until just tender. With tongs, transfer carrots to a bowl of ice water to stop cooking.
- ☐ Divide the salad greens, carrots, olives, and feta cheese among 4 serving plates.
- ☐ Drizzle with the dressing, and serve.

Nutrition Facts



Properties

Glycemic Index:66.32, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:15.397391282994%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 155.56kcal (7.78%), Fat: 8.91g (13.71%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 12.58g (4.58%), Sugar: 8.32g (9.25%), Cholesterol: 12.62mg (4.21%), Sodium: 441.67mg (19.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Vitamin A: 19779.69IU (395.59%), Vitamin C: 30.91mg (37.47%), Manganese: 0.44mg (21.86%), Vitamin B6: 0.38mg (18.8%), Potassium: 599.49mg (17.13%), Fiber: 4.07g (16.29%), Iron: 2.87mg (15.94%), Calcium: 143.95mg (14.4%), Vitamin K: 13.98µg (13.32%), Vitamin B2: 0.22mg (12.84%), Folate: 49.49µg (12.37%), Phosphorus: 119.38mg (11.94%), Copper: 0.23mg (11.26%), Vitamin B1: 0.12mg (7.69%), Vitamin E: 1.04mg (6.94%), Magnesium: 27.51mg (6.88%), Zinc: 1.01mg (6.72%), Vitamin B5: 0.67mg (6.66%), Selenium: 3.96µg (5.66%), Vitamin B3: 1.12mg (5.6%), Vitamin B12: 0.24µg (3.99%)