



HEALTH SCORE

58%

Moroccan Carrot Salad with Parsley and Roasted Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups carrots grated peeled
- ☐ 2 pinches cayenne pepper
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 1 large optional: lemon washed sliced into thin rounds, and then quartered
- ☐ 0.3 cup olive oil extra-virgin for lemons
- ☐ 0.5 teaspoon orange zest
- ☐ 2 tablespoons pinenuts toasted

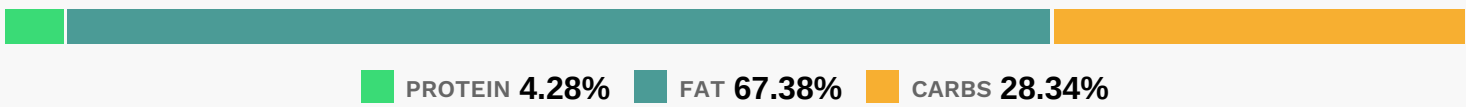
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Place the lemon pieces in a cold skillet.
- ☐ Add a generous amount of oil to cover the bottom of the pan and heat over low heat until the rinds soften and begin to brown and caramelize, about 20 minutes.
- ☐ In a large bowl, add the cumin, cinnamon, ginger, cayenne, orange zest, orange juice, salt, and pepper. While whisking, pour 1/4 cup olive oil in a thin stream until the dressing reaches your desired consistency.
- ☐ Add the carrots, parsley, and pine nuts.
- ☐ Remove the caramelized lemon to the bowl using a slotted spoon. Toss and taste for seasoning.
- ☐ Drizzle in some of the lemon infused oil, to taste.
- ☐ Store in the refrigerator until serving time.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:13.311739150597%

Flavonoids

Eriodictyol: 3.85mg, Eriodictyol: 3.85mg, Eriodictyol: 3.85mg, Eriodictyol: 3.85mg Hesperetin: 5.09mg, Hesperetin: 5.09mg, Hesperetin: 5.09mg, Hesperetin: 5.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 147.03kcal (7.35%), Fat: 11.74g (18.06%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 7.78g (2.83%), Sugar: 4.74g (5.26%), Cholesterol: 0mg (0%), Sodium: 61.88mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin A: 14618.35IU (292.37%), Vitamin K: 59.96µg (57.11%), Manganese: 0.5mg (25.16%), Vitamin C: 18.51mg (22.44%), Vitamin E: 2.34mg (15.57%), Fiber: 3.32g (13.3%), Potassium: 351.35mg (10.04%), Vitamin B6: 0.15mg (7.45%), Iron: 1.15mg (6.37%), Magnesium: 24.1mg (6.02%), Folate: 23.74µg (5.93%), Phosphorus: 57.29mg (5.73%), Vitamin B1: 0.08mg (5.52%), Vitamin B3: 1.1mg (5.5%), Copper: 0.1mg (5.03%), Calcium: 43.5mg (4.35%), Vitamin B2: 0.07mg (4.02%), Zinc: 0.5mg (3.3%), Vitamin B5: 0.29mg (2.91%)