



WHATSheATE



Moroccan spiced carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients



500 g carrots halved cut into thin rounds



2 tbsp olive oil extra virgin extra-virgin



4 servings harissa



1 tbsp juice of lemon



1 handful cilantro leaves chopped

Equipment

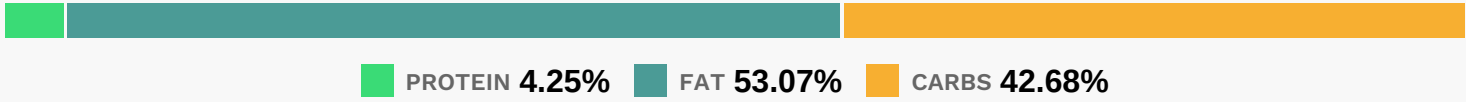


frying pan

Directions

- ☐ Place the carrots in a steamer set over a pan of boiling water and cook for 7–10 mins until just soft.
- ☐ Mix together the remaining ingredients, then toss the warm carrots through the dressing.
- ☐ Sprinkle with extra chopped coriander to serve.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:10.503913082506%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 118.79kcal (5.94%), Fat: 7.33g (11.28%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 9.6g (3.49%), Sugar: 6.69g (7.44%), Cholesterol: 0mg (0%), Sodium: 153.89mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin A: 20984.21IU (419.68%), Vitamin K: 24.07µg (22.93%), Fiber: 3.66g (14.64%), Vitamin E: 1.96mg (13.06%), Potassium: 427.64mg (12.22%), Vitamin C: 9.9mg (12%), Vitamin B6: 0.18mg (9.19%), Manganese: 0.18mg (9.17%), Vitamin B3: 1.32mg (6.62%), Folate: 25.57µg (6.39%), Vitamin B1: 0.09mg (5.9%), Phosphorus: 47.13mg (4.71%), Vitamin B2: 0.08mg (4.6%), Calcium: 43.22mg (4.32%), Magnesium: 16.08mg (4.02%), Vitamin B5: 0.35mg (3.52%), Copper: 0.07mg (3.28%), Iron: 0.47mg (2.64%), Zinc: 0.31mg (2.1%)