



Moroccan Spicy Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound carrots peeled sliced into thin rounds
- 1 pinch cayenne pepper to taste
- 0.3 cup cilantro leaves
- 2 cloves garlic minced
- 0.5 teaspoon ground cumin
- 6 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 0.5 teaspoon paprika sweet

- 2 cups water
- 1 tablespoon red-wine vinegar

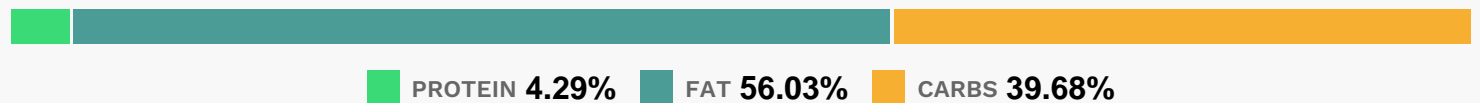
Equipment

- frying pan

Directions

- Combine carrots, water, garlic, olive oil, paprika, cayenne pepper, salt, and black pepper in a shallow pan; bring to a boil over medium-high heat and cook until carrots are tender and water evaporates, about 20 minutes.
- Stir vinegar and cumin through the carrot mixture.
- Remove the pan from heat and set aside to allow salad to cool to room temperature.
- Garnish with cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:8.3269565468249%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 75.77kcal (3.79%), Fat: 4.92g (7.57%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.58g (2.03%), Sugar: 3.62g (4.03%), Cholesterol: 0mg (0%), Sodium: 57.29mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin A: 12766.29IU (255.33%), Vitamin K: 15.19µg (14.47%), Fiber: 2.26g (9.05%), Vitamin E: 1.25mg (8.32%), Manganese: 0.15mg (7.51%), Potassium: 258.87mg (7.4%), Vitamin B6: 0.12mg (6.14%), Vitamin C: 4.99mg (6.05%), Vitamin B3: 0.78mg (3.92%), Folate: 14.94µg (3.74%), Vitamin B1: 0.05mg (3.61%), Calcium: 32.17mg (3.22%), Phosphorus: 30.07mg (3.01%), Vitamin B2: 0.05mg (2.88%), Magnesium: 11.49mg (2.87%), Copper: 0.06mg (2.77%), Iron: 0.45mg (2.5%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.22mg (1.48%)