



Orange Blossom Carrot Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 lb carrots (with small cores) peeled and coarsely grated
- ☐ 0.5 cup crimson raisins
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 Tbsp honey
- ☐ 2 Tbsp freshly lemon juice juiced
- ☐ 2 Tbsp orange flower water
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.5 teaspoon cinnamon to taste

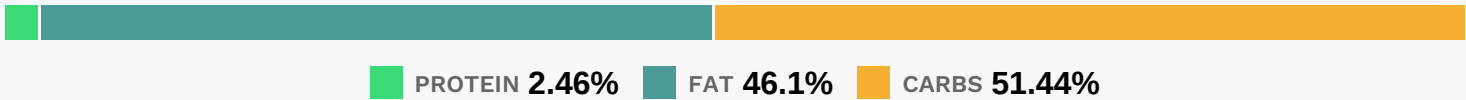
- ☐ 6 servings salt and pepper to taste
- ☐ 6 servings mint leaves fresh chopped for garnish

Equipment

Directions

- ☐ Combine all the ingredients except mint.
- ☐ Chill in refrigerator several hours or overnight.
- ☐ Serve garnished with slivers of mint leaves.

Nutrition Facts



Properties

Glycemic Index:27.15, Glycemic Load:10.5, Inflammation Score:-10, Nutrition Score:9.5552174371222%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 170.65kcal (8.53%), Fat: 9.28g (14.28%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 20.13g (7.32%), Sugar: 9.47g (10.52%), Cholesterol: 0mg (0%), Sodium: 250.24mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin A: 12672.87IU (253.46%), Vitamin K: 15.45µg (14.72%), Manganese: 0.27mg (13.56%), Fiber: 3.17g (12.68%), Vitamin E: 1.81mg (12.04%), Potassium: 360.23mg (10.29%), Vitamin C: 7.41mg (8.98%), Vitamin B6: 0.13mg (6.71%), Vitamin B3: 0.93mg (4.67%), Vitamin B1: 0.07mg (4.37%), Vitamin B2: 0.07mg (4.26%), Folate: 17.05µg (4.26%), Iron: 0.74mg (4.11%), Copper: 0.08mg (3.95%), Phosphorus: 37.46mg (3.75%), Magnesium: 14.58mg (3.64%), Calcium: 33.65mg (3.36%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.24mg (1.63%)