



Peppery fennel & carrot salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large carrots grated cut into thin sticks or
- ☐ 2 large fennel bulb thinly sliced quartered
- ☐ 1 handful cashew pieces chopped
- ☐ 2 tbsp olive oil
- ☐ 1 tsp mustard seeds
- ☐ 1 tsp nigella seeds black
- ☐ 1 juice of lemon

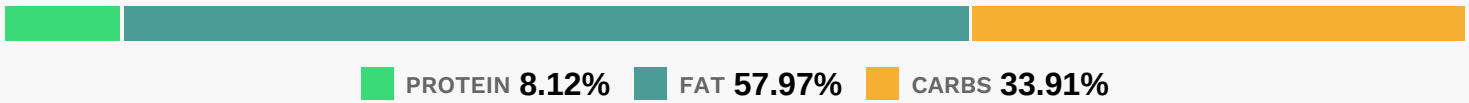
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Tip the carrots and fennel into a salad bowl. Toast the nuts in a hot frying pan for 3–5 mins until golden, then tip onto a plate. In the same pan, heat the oil and fry the mustard and nigella or black onion seeds, if using, until they begin to pop about 30 secs.
- ☐ Pour in the lemon or lime juice and mix together to make a dressing. Toss together with the vegetables in the bowl, then sprinkle with nuts to serve.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:11.631304502487%

Flavonoids

Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 110.65kcal (5.53%), Fat: 7.61g (11.7%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 57.91mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin A: 4114.36IU (82.29%), Vitamin K: 56.68µg (53.99%), Vitamin C: 12.76mg (15.47%), Manganese: 0.27mg (13.74%), Fiber: 3.39g (13.56%), Potassium: 440.38mg (12.58%), Vitamin E: 1.35mg (9.01%), Copper: 0.17mg (8.75%), Magnesium: 32.27mg (8.07%), Phosphorus: 80.21mg (8.02%), Folate: 28.41µg (7.1%), Iron: 1.04mg (5.76%), Calcium: 49.22mg (4.92%), Vitamin B6: 0.09mg (4.71%), Vitamin B3: 0.81mg (4.04%), Zinc: 0.53mg (3.5%), Vitamin B1: 0.05mg (3.24%), Selenium: 2.26µg (3.23%), Vitamin B5: 0.3mg (2.99%), Vitamin B2: 0.04mg (2.55%)