



Raw Spring Vegetable Salad with Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 medium carrots
- ☐ 1 tablespoon basil fresh thinly sliced
- ☐ 4 ounce goat cheese cut into 8 slices
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 8 ounce radishes with tops
- ☐ 0.3 teaspoon sea salt fine

☐ 0.3 cup spring onion thinly sliced

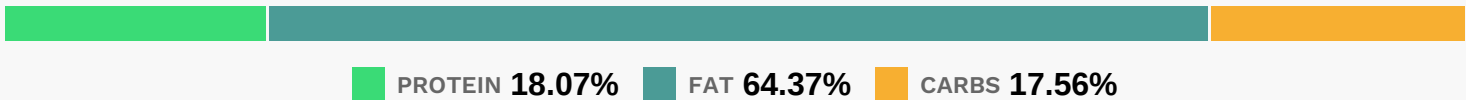
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Shave carrots into ribbons with a vegetable peeler to measure 2 cups.
- ☐ Combine carrots and onion in a large bowl.
- ☐ Wash radishes and radish greens thoroughly; drain and pat dry.
- ☐ Cut radishes into thin slices to equal 1 3/4 cups; thinly slice radish greens to equal 1 cup.
- ☐ Add radishes, radish greens, basil, and next 4 ingredients (through pepper) to carrot mixture; toss gently to coat.
- ☐ Arrange goat cheese on a serving platter; top with salad.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.21, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:10.784782570341%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 131.44kcal (6.57%), Fat: 9.64g (14.84%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 3.93g (1.43%), Sugar: 3.09g (3.43%), Cholesterol: 13.04mg (4.35%), Sodium: 294.02mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin A: 5481.97IU (109.64%), Vitamin K:

22.6µg (21.52%), Vitamin C: 14.36mg (17.4%), Copper: 0.26mg (12.98%), Phosphorus: 97.98mg (9.8%), Vitamin B2: 0.15mg (9.07%), Vitamin B6: 0.16mg (8.08%), Fiber: 1.99g (7.94%), Potassium: 265.26mg (7.58%), Folate: 29.23µg (7.31%), Manganese: 0.14mg (7.2%), Calcium: 70.44mg (7.04%), Iron: 0.97mg (5.39%), Vitamin E: 0.81mg (5.38%), Magnesium: 16.1mg (4.03%), Vitamin B5: 0.39mg (3.87%), Zinc: 0.53mg (3.51%), Vitamin B1: 0.05mg (3.49%), Vitamin B3: 0.61mg (3.06%), Selenium: 1.22µg (1.74%)