



Roasted Carrot and Avocado Salad



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium avocado
- ☐ 18 oz baby carrots with tops, cut in half lengthwise
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 optional: lemon halved
- ☐ 2 tablespoons crema mexicana

- ☐ 0.5 cup olive oil divided
- ☐ 1 cranberry-orange relish halved
- ☐ 1 teaspoon paprika
- ☐ 1 tablespoon poppy seeds
- ☐ 1 tablespoon pumpkin seeds
- ☐ 0.5 small onion red thinly sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 tablespoon sesame seed
- ☐ 5 oz spring mix of spinach
- ☐ 1 tablespoon sunflower seeds
- ☐ 4 thyme sprigs fresh

Equipment

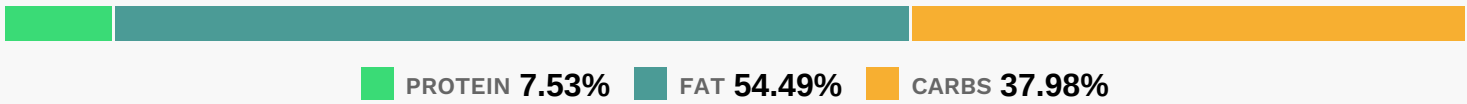
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Toss together first 7 ingredients in a 15- x 10-inch jelly-roll pan.
- ☐ Drizzle with 2 Tbsp. olive oil, and sprinkle with 1/2 tsp. salt; toss to coat.
- ☐ Bake 25 minutes or until lightly browned, stirring occasionally. Cool to room temperature (about 30 minutes).
- ☐ Meanwhile, cook all seeds in a small skillet over medium-low heat, stirring constantly, 4 to 5 minutes or until toasted.
- ☐ Remove from heat; cool completely (about 15 minutes).
- ☐ Cut avocado into slices, and toss with lemon juice.

- ☐ Squeeze juice from roasted lemon and orange halves into a large bowl; stir in vinegar and remaining 1/2 tsp. salt. Slowly whisk in remaining 6 Tbsp. olive oil until blended; reserve half of dressing. Toss carrots, salad greens, and red onion with remaining dressing in bowl. Arrange greens on a serving platter or individual plates; top with avocado.
- ☐ Drizzle with crema; sprinkle with toasted seeds.
- ☐ Serve with reserved dressing.
- ☐ Brought to the table by Elizabeth Winslow, co-founder of Farmhouse Delivery.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:14.309130440588%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg Hesperetin: 12.09mg, Hesperetin: 12.09mg, Hesperetin: 12.09mg, Hesperetin: 12.09mg Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 144.57kcal (7.23%), Fat: 9.5g (14.62%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 9.38g (3.41%), Sugar: 5.96g (6.62%), Cholesterol: 1.99mg (0.66%), Sodium: 364.98mg (15.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin A: 9244.99IU (184.9%), Vitamin C: 33.19mg (40.23%), Fiber: 5.52g (22.08%), Manganese: 0.4mg (19.86%), Folate: 59.29µg (14.82%), Vitamin K: 13.24µg (12.61%), Copper: 0.25mg (12.43%), Potassium: 430.53mg (12.3%), Vitamin B6: 0.23mg (11.62%), Magnesium: 41.59mg (10.4%), Vitamin E: 1.55mg (10.35%), Iron: 1.8mg (10.02%), Phosphorus: 90.39mg (9.04%), Calcium: 81.22mg (8.12%), Vitamin B5: 0.77mg (7.68%), Vitamin B1: 0.11mg (7.55%), Vitamin B3: 1.24mg (6.22%), Vitamin B2: 0.1mg (5.61%), Zinc: 0.72mg (4.77%), Selenium: 2.38µg (3.4%)