



Roasted Carrot Salad

 Vegetarian  Gluten Free

READY IN

ready

90 min.

SERVINGS

servings

6

CALORIES

calories

289 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 2 cups arugula
- ☐ 2 pounds carrots peeled thinly sliced
- ☐ 4 ounce danish cheese blue crumbled
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup cranberries dried
- ☐ 2 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 teaspoon honey

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup slivered almonds

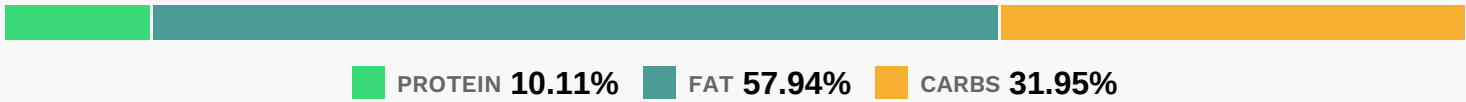
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Combine the carrots, almonds, and garlic in a mixing bowl.
- ☐ Drizzle with the olive oil, then season to taste with salt and pepper.
- ☐ Spread out onto an ungreased baking sheet.
- ☐ Bake the carrots in the preheated oven until soft and the edges turn brown, about 30 minutes.
- ☐ Remove and allow to cool to room temperature.
- ☐ Once cool, return the carrots to the mixing bowl, and drizzle with honey and vinegar; toss until coated.
- ☐ Add the cranberries and blue cheese; toss again until evenly mixed.
- ☐ Combine with the arugula and serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:5.66, Inflammation Score:-10, Nutrition Score:17.096087046292%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 288.6kcal (14.43%), Fat: 19.4g (29.85%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 18.2g (6.62%), Sugar: 13.66g (15.17%), Cholesterol: 14.17mg (4.72%), Sodium: 324.44mg (14.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin A: 25562.18IU (511.24%), Vitamin K: 33.79µg (32.18%), Vitamin E: 4.82mg (32.11%), Manganese: 0.5mg (24.97%), Fiber: 5.87g (23.48%), Calcium: 187.76mg (18.78%), Potassium: 633.95mg (18.11%), Phosphorus: 175.29mg (17.53%), Vitamin B2: 0.27mg (15.99%), Vitamin B6: 0.27mg (13.64%), Magnesium: 50.76mg (12.69%), Vitamin C: 10.25mg (12.43%), Folate: 46.03µg (11.51%), Vitamin B3: 2.07mg (10.36%), Copper: 0.18mg (9.13%), Vitamin B1: 0.13mg (8.64%), Vitamin B5: 0.83mg (8.34%), Zinc: 1.2mg (8.01%), Iron: 1.06mg (5.87%), Selenium: 3.48µg (4.97%), Vitamin B12: 0.23µg (3.84%)