



Shaved Carrot and Pear Salad with Curry Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 pound carrots trimmed peeled (8 carrots)
- 1 tablespoon curry powder
- 2 tablespoons parsley leaves fresh chopped
- 2 teaspoons honey
- 0.3 cup olive oil extra-virgin
- 2 pears firm (recommended: D'Anjou)

- 1 teaspoon salt
- 2 tablespoons citrus champagne vinegar

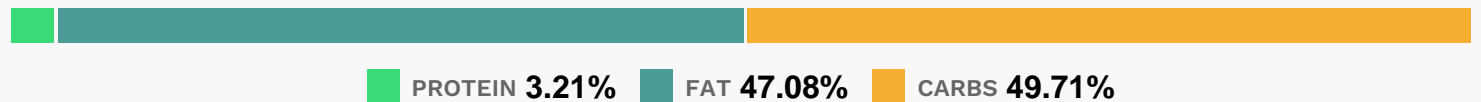
Equipment

- bowl
- knife
- blender
- peeler

Directions

- Using a vegetable peeler cut the carrots lengthwise into thin ribbons or slices. Quarter, core, and stem the pears. Using a knife, slice into very thin strips.
- Place the carrot and pear slices in a large bowl with the chopped parsley.
- In a blender combine the white wine, curry powder, honey, salt, and pepper and blend to combine. With the machine running add the olive oil.
- Pour the dressing over the carrots and pears. Toss to combine and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.14, Glycemic Load:7.29, Inflammation Score:-10, Nutrition Score:12.526086910911%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin:

0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 172.06kcal (8.6%), Fat: 9.51g (14.63%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 17.15g (6.24%), Sugar: 13.12g (14.57%), Cholesterol: 0mg (0%), Sodium: 468.39mg (20.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin A: 19082.21IU (381.64%), Vitamin K: 46.13µg (43.94%), Fiber: 5.44g (21.75%), Vitamin E: 2.35mg (15.65%), Vitamin C: 11.17mg (13.53%), Potassium: 460.07mg (13.14%), Manganese: 0.26mg (13.1%), Vitamin B6: 0.19mg (9.37%), Folate: 29.34µg (7.34%), Vitamin B3: 1.27mg (6.34%), Vitamin B1: 0.09mg (5.72%), Copper: 0.11mg (5.68%), Magnesium: 21.51mg (5.38%), Phosphorus: 51.83mg (5.18%), Iron: 0.93mg (5.15%), Vitamin B2: 0.09mg (5.09%), Calcium: 50.89mg (5.09%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.4mg (2.64%)