



Simple carrot salad



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 kg carrots peeled
- ☐ 1 garlic clove peeled
- ☐ 2 tsp cumin seeds toasted
- ☐ 1 tsp honey
- ☐ 1 juice of lemon
- ☐ 1 small handful raisins
- ☐ 1 small handful pinenuts toasted
- ☐ 2 tbsp olive oil

☐ 1 bunch cilantro leaves roughly chopped

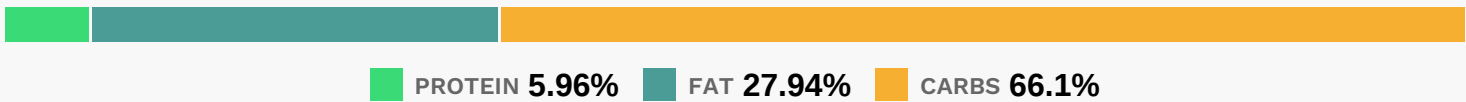
Equipment

- ☐ bowl
- ☐ mortar and pestle

Directions

- ☐ Boil the carrots whole in lightly salted water for 8–10 minutes until just tender (or steam, if you prefer).
- ☐ While the carrots are boiling, use a pestle and mortar to mash the garlic to a paste with a pinch of salt, then add the cumin seeds and pound a little more to combine. Stir in the honey and lemon juice.
- ☐ Drain the carrots, leave until cool enough to handle, then slice on the diagonal and tip into a salad bowl. Toss the dressing thoroughly with the warm carrots, scatter over the raisins and pine nuts, then drizzle with the olive oil. If you have time, allow the carrots to stand at room temperature for an hour or so, for all the flavours to come together. Just before serving, toss through the coriander.

Nutrition Facts



Properties

Glycemic Index:37.48, Glycemic Load:10.61, Inflammation Score:-10, Nutrition Score:16.14826079296%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg 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: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 168kcal (8.4%), Fat: 5.59g (8.59%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 22.24g (8.09%), Sugar: 12.97g (14.41%), Cholesterol: 0mg (0%), Sodium: 175.97mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin A: 41864.26IU (837.29%), Vitamin K: 40.08µg

(38.17%), Fiber: 7.48g (29.94%), Potassium: 869.52mg (24.84%), Vitamin C: 17.53mg (21.25%), Manganese: 0.42mg (21.22%), Vitamin B6: 0.37mg (18.42%), Vitamin E: 2.4mg (16.01%), Vitamin B3: 2.58mg (12.88%), Folate: 49.64µg (12.41%), Vitamin B1: 0.18mg (11.91%), Phosphorus: 97.55mg (9.76%), Vitamin B2: 0.16mg (9.45%), Calcium: 92.66mg (9.27%), Magnesium: 35.28mg (8.82%), Iron: 1.42mg (7.89%), Copper: 0.14mg (7.08%), Vitamin B5: 0.7mg (7.03%), Zinc: 0.67mg (4.47%)