



 **54%**  
HEALTH SCORE

## Spicy Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 cups carrots grated ( 4 large carrots)
- 4 small 3 large clementines seedless peeled (small oranges)
- 0.3 teaspoon cumin
- 2 tablespoons citrus champagne vinegar (I used pear vinegar, but apple cider or white wine vinegar will do)
- 2 teaspoons ground flaxseed
- 0.3 cup orange juice
- 0.5 teaspoon bell pepper spanish (or)
- 2 tablespoons walnuts

2 tablespoons water hot

## Equipment

bowl

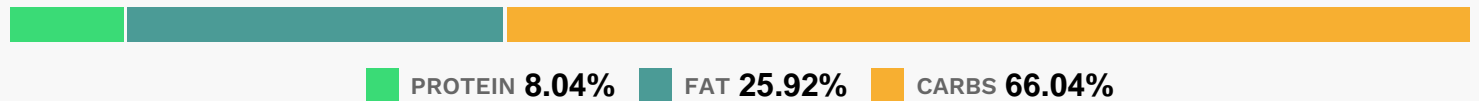
## Directions

Put the ground flax seeds in a small bowl and add the hot water. Stir and allow to sit until thickened, about 5–10 minutes. Then add orange juice, vinegar, paprika, and cumin. Grate the carrots.

Put them in a bowl and immediately add the dressing and mix well. Fold in the clementine sections and sprinkle with walnuts.

Serve cold or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:64.46, Glycemic Load:10.32, Inflammation Score:-10, Nutrition Score:15.320434642875%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 134.33kcal (6.72%), Fat: 4.16g (6.4%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 18.35g (6.67%), Sugar: 14.34g (15.93%), Cholesterol: 0mg (0%), Sodium: 90.82mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin A: 21436.56IU (428.73%), Vitamin C: 52.32mg (63.42%), Fiber: 5.51g (22.03%), Manganese: 0.41mg (20.3%), Potassium: 608.22mg (17.38%), Vitamin K: 17.13µg (16.31%), Vitamin B6: 0.27mg (13.61%), Folate: 52.8µg (13.2%), Vitamin B1: 0.2mg (13.11%), Copper: 0.19mg (9.55%), Vitamin B3: 1.89mg (9.45%), Magnesium: 37.19mg (9.3%), Phosphorus: 88.08mg (8.81%), Calcium: 75.48mg (7.55%), Vitamin E: 1.05mg (7.01%), Vitamin B2: 0.11mg (6.54%), Vitamin B5: 0.53mg (5.31%), Iron: 0.84mg (4.67%), Zinc: 0.57mg (3.79%), Selenium: 0.72µg (1.03%)