



Spicy Carrot Salad (Houria)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 inch baby carrots ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 ounce feta crumbled reduced-fat
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 teaspoon paprika sweet
- ☐ 0.3 teaspoon salt

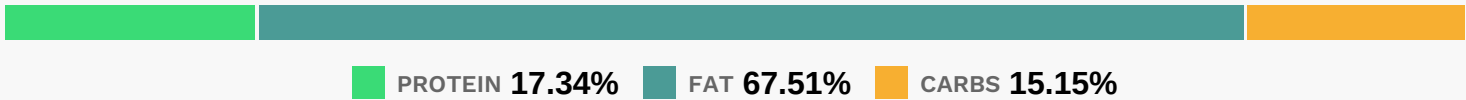
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place carrots, cumin, and paprika in a large saucepan. Cover with water to just above carrots; bring to a boil. Cook 5 minutes or until carrots are just tender; drain.
- ☐ Combine carrots, cilantro, and next 5 ingredients (through garlic) in a large bowl; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:1.5556521778521%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 38.75kcal (1.94%), Fat: 3.1g (4.77%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.38g (0.42%), Cholesterol: 3.8mg (1.27%), Sodium: 211.01mg (9.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin A: 461.11IU (9.22%), Vitamin K: 5.31µg (5.06%), Manganese: 0.08mg (3.86%), Vitamin E: 0.52mg (3.44%), Iron: 0.52mg (2.89%), Fiber: 0.39g (1.55%), Vitamin B6: 0.03mg (1.41%), Potassium: 35.95mg (1.03%)