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Nutrition Facts

Serving Size (250mL)
Servings Per Container 3

Amount Per Serving

Calories 150 Calories from Fat 15

%Daily Value*

Total Fat 1.5g **2%**

Sodium 250mg **10%**

Total Carbohydrate 29g **10%**

Dietary Fiber 8g **32%**

Sugars 1g

Protein 5g

Vitamin A 15% • Vitamin C 15%

Calcium 2% • Iron 15%

Not a significant source of saturated fat, *trans* fat, cholesterol.

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Brown Lentils, Barley, Carrots, Celery, Onion, Vegetable Stock, Garlic, Fresh Thyme, Fresh Parsley, Vegetable Oil, Salt and Pepper





Is carrot ginger soup healthy. Carrot and ginger soup recipe healthy. Carrot and orange soup calories.

This post may contain affiliate links. Read my full disclosure policy. With fragrant spices, bright colors and savory flavors, this exotic twist on the carrot-raisin salad is a feast for the senses. Fragrant spices, bright colors, sweet and savory flavors — this Moroccan salad is a feast for the senses. It's essentially an exotic twist on the classic carrot-raisin salad, yet you don't need any exotic ingredients to make it. The magic is made with spices you likely already have in your spice cabinet. You can serve it with my Grilled Moroccan Chicken, Grilled Moroccan Meatballs or, for a lighter meal, my autumn-spiced Butternut Squash & Sweet Potato Soup. I even like it all by itself, especially on those nights when I'm just cooking for myself and don't need to worry about a protein and two sides, or who will eat what (picky eaters, you know who you are!). What you'll need to make Moroccan Carrot and Chickpea Salad The list of ingredients looks long but, as you can see, it's mostly just a lot of spices. If you have a food processor, this is a good time to use it. If not, you can shred the carrots by hand or buy them already shredded and bagged from the supermarket. How to make Moroccan Carrot and Chickpea Salad Begin by making the dressing. You'll need the zest and juice of one large lemon. Be sure to zest the lemon before you juice it, otherwise, it will be impossible. You'll also need the juice from one orange. You don't need a citrus juicer like this one — you can just squeeze the juice out with your hands — but it does make the job a little easier. Whisk the lemon zest and citrus juice with the olive oil, honey and spices. Set the dressing aside. Next, toast the almonds. Simply place them on a foil-lined baking sheet for easy clean-up and bake for 5 minutes, or until lightly golden. Keep a close eye on them; they go from perfectly golden to burnt very quickly! Next, add all of the salad ingredients to the bowl with the dressing. Toss well, then cover and refrigerate for at least one hour, but preferably several hours. The salad tastes infinitely better cold, especially once the flavors have had a chance to marry. Taste and adjust the seasoning if necessary, then serve cold. Enjoy! You may also like I'd love to know how it turned out! Please let me know by leaving a review below. Or snap a photo and share it on Instagram; be sure to tag me @onceuponachef. With fragrant spices, bright colors and savory flavors, this exotic twist on the carrot-raisin salad is a feast for the senses. ¼ cup extra virgin olive oil 1 teaspoon lemon zest and 3 tablespoons lemon juice, from one large lemon ¼ cup freshly squeezed orange juice, from one large orange 1½ tablespoons honey ¼ teaspoon salt 1 teaspoon ground cumin ½ teaspoon ground ginger ½ teaspoon ground cinnamon ¼ teaspoon ground coriander ¼ teaspoon ground allspice ¼ teaspoon cayenne pepper 1 pound carrots, peeled and shredded ½ cup currants ½ cup slivered almonds, toasted (see note below) ½ cup chopped fresh mint or cilantro (or a combination), plus more for serving 1 (15-ounce) can chickpeas, rinsed and drained 2 tablespoons finely minced shallots, from one large shallot 1 garlic clove, minced in a large bowl (large enough to mix the entire salad), whisk together all of the ingredients for the dressing. To the dressing, add all of the ingredients for the salad and toss well. Cover with plastic wrap and refrigerate for at least 30 minutes or up to a few hours. Taste and adjust seasoning if necessary (you might need more salt, lemon or honey, depending on the sweetness of the carrots). Transfer to a serving dish and garnish with more fresh chopped herbs. Serve cold. Note: To toast the almonds, preheat the oven to 350°F. Place the almonds on a foil-lined baking sheet for easy clean-up. Bake for about 5 minutes, until the almonds are golden. Powered by Per serving (6 servings) Calories: 312 Fat: 15g Saturated fat: 2g Carbohydrates: 40g Sugar: 19g Fiber: 9g Protein: 8g Sodium: 522mg Cholesterol: 0mg Nutritional Data Disclaimer To the best of my knowledge, all of the ingredients used in this recipe are gluten-free or widely available in gluten-free versions. There is hidden gluten in many foods; if you're following a gluten-free diet or cooking for someone with gluten allergies, always read the labels of your ingredients to verify that they are gluten-free. Most people chop off carrot greens and throw them in the garbage, but these can be used in a variety of ways, and also offer quite a few nutritional benefits if properly prepared. What are Carrot Greens? Carrot greens are the green leaves that grow from the top of the carrot's taproot. While the root vegetable is what most people cultivate and choose to eat, the greens that emerge above the soil are also edible. In the past, there was a widespread belief that these greens were toxic, but this is likely due to their bitter flavor. Humans tend to associate bitterness with toxicity, but as it turns out, these greens are edible and do not pose a threat to health. Due to their bitterness, however, they are rarely considered for consumption. Carrot greens tend to be leafy and delicate, and also have a fibrous taste when consumed. Their flavor is paired nicely with something sweet, and they can also be blanched to soften the flavor. These greens have long been ignored, but given how versatile and packed with nutrients they are, many people are beginning to utilize these greens in their cooking. [1] Carrot Greens Nutrition Carrot greens contain an impressive list of nutrients, including significant amounts of vitamin A, dietary fiber, vitamin C, calcium, and iron. There is no fat or cholesterol in these greens, and there are roughly 90 calories in 1 cup of these raw greens. These greens also contain vitamin K and various phenolic compounds and carotenoids, along with trace amounts of other antioxidants. [2] Carrot Greens Health Benefits The top benefits of these greens include their healthy impact on the immunity, bone density, eye health, circulation, kidney function, blood pressure, and digestion, among others. May Help Boost Immune System With known detoxifying properties, vitamin C, and may have a significant level of antioxidants, carrot greens can help to give your immune system a boost, protecting your body against infections and foreign pathogens. [3] May Improve Vision Similar to carrots themselves, the greens from this vegetable are also potentially high in certain antioxidants, like lutein, zeaxanthin, and beta-carotene. These compounds can help protect your retina from oxidative stress, while also lowering your risk of macular degeneration and cataracts. [4] May Eliminate Toxins Studies have shown that the active ingredients in carrot greens are able to quickly eliminate toxins in the body and optimize kidney health. Carrot greens can be added to salads and soups. Photo Credit: Shutterstock May Regulate Blood Pressure These greens are very high in potassium, which functions as a vasodilator in the body. This can help reduce the tension and strain in the blood vessels and arteries, thus relieving strain on the cardiovascular system and lowering your risk of heart attack and stroke. [5] May Improve Bone Density Although there aren't as many minerals in carrot greens as the taproot, the various minerals can all contribute to bone mineral density and lower your risk of osteoporosis as you age. [6] May Aid in Digestion The greens from a carrot can help to optimize digestion thanks to the significant level of dietary fiber, which can stimulate peristaltic motion and improve nutrient uptake efficiency in the gut. [7] Uses for Carrot Greens You can use carrot greens for a number of things in the kitchen, primarily as salad greens. Due to the bitter nature of the greens, however, it is best to pair this with other sweeter ingredients, or at least a vinaigrette of some kind. You can also use these greens as a pureed topping on carrot soup, or you can mix these greens into couscous, hummus, pesto or chickpea salads. These greens are great in stir-frys and curries and are also a popular garnish in certain cultures. Blanching the carrot greens, by soaking them in boiling water for a few minutes, can help to reduce the bitter flavor and make them more palatable in meals. [8] Medicinally speaking, carrot greens have been used in vegetable shakes and juices for their dense nutritional quality. These greens have also been used in poultices and salves in traditional medicine for generations. Carrot greens have been blended into mouthwashes or as a topical wound-cleaning cream. How to Store Carrot Greens? Once you pick carrots from the ground, the inevitable process of wilting will begin for the carrot greens. The best way to store carrot greens, if you intend to cook with them, is to blanch the greens (place them in boiling water for 2-3 minutes, then cool them immediately). Following that, you can thoroughly dry the greens, or wrap them in a paper towel in a plastic bag, and then store them in the refrigerator. The greens should keep for up to a week, but the sooner you use these greens, the better, as they are prone to wilting rather rapidly. How To Sauté Carrot Greens? One of the best ways to cook these greens and remove some of the bitterness is to sauté them! Step 1 - Clean the carrot greens thoroughly. Step 2 - Blanch the carrot greens in a sauté pan. Step 3 - Add 2 teaspoons of olive oil to the pan, along with salt and pepper. Step 4 - Sauté the greens for 2-3 minutes, until they begin to brown. Step 5 - Add lemon juice, cook for another 1 minute, then serve hot. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners.

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