



**NutritionRx**  
Jennifer Broxterman

# Carrot Salad

Carrots are perhaps known for their rich supply of the antioxidant nutrient that was actually named for them: beta-carotene. These delicious root vegetables are the source of not only beta-carotene, but also a wide variety of antioxidants and other health-supporting nutrients that offer cardiovascular benefits and anti-cancer benefits as well!

Prep: 10 minutes • Total: 15 minutes

## Ingredients:

Almonds, sliced	1 handful
Carrots, medium	5-6 each
Red chilli, fresh, stalks and seeds removed	1 each
Cilantro	1 bunch
Fresh gingerroot, peeled	1" piece
Lemon	1 each

## Directions:

1. Toast almonds in a small pan on medium heat, tossing occasionally until golden. Set aside in a small bowl.
2. Wash and trip the carrots. Grate them in a food processor, using the coarse grater attachment, with the chili, the top third of a bunch of cilantro, and gingerroot. Set aside in a serving bowl.
3. Drizzle a bit of extra virgin oil over the salad and add a pinch of salt. Finely grate a little lemon zest then add a good squeeze of lemon juice. Toss well.
4. Sprinkle with toasted almonds and half of the reserved cilantro leaves. Eat.

## Nutrition Facts

Serving Size (49g)  
Servings Per Container

Amount Per Serving

**Calories 80**      Calories from Fat 60

% Daily Value\*

**Total Fat 6g**      **9%**

Saturated Fat 0g      **0%**

Trans Fat --g

**Cholesterol 0mg**      **0%**

**Sodium 10mg**      **0%**

**Total Carbohydrate 6g**      **2%**

Dietary Fiber 3g      **12%**

Sugars 1g

**Protein 3g**

Vitamin A --%      • Vitamin C 60%

Calcium 4%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The London Training Centre

Makes 4 servings (116 g / serving) • 1 serving = ½ cup

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