

Moroccan Carrot & Cumin Salad

2 Servings

Ingredients

- 200 g carrots, julienned or grated
- 1 tsp / 5 g olive oil
- 1½ tsp / 8 ml lemon juice
- ½ tsp ground cumin (lightly toasted)
- Tiny pinch cinnamon (optional)
- 1/16 tsp salt / 0.3 g
- Pinch MSG (optional)
- 1 T chopped parsley



Instructions

1. Toss **carrots** with **lemon juice** and **olive oil**.
2. Add **cumin** and **cinnamon**; mix well.
3. Add **salt** and **MSG**; toss again.
4. **Rest 15 minutes** before serving.

Nutrition (Per Serving)

Kcal: 64 | Protein: 1 g | Fat: 3 g | Sat. Fat: 0 g | Carbs: 10 g | Sugars: 5 g | Fiber: 3 g | Sodium: 128 mg | Omega-3: 0.01 g

Nutrition (Total Dish)

Kcal: 127 | Protein: 2 g | Fat: 5 g | Sat. Fat: 1 g | Carbs: 20 g | Sugars: 9 g | Fiber: 6 g | Sodium: 256 mg | Omega-3: 0.02 g