



## Barefoot Carrot Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



333 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound carrots
- 0.3 cup golden raisins
- 2 tablespoons juice of lemon freshly squeezed
- 0.3 cup mayonnaise
- 0.3 cup pineapple fresh diced
- 0.5 teaspoon salt
- 0.3 cup cup heavy whipping cream sour
- 3 tablespoons sugar

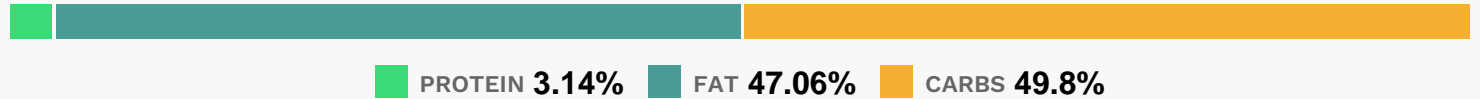
## Equipment

- food processor
- bowl
- whisk

## Directions

- Place the raisins in a small bowl and cover with boiling water. Allow to sit for 5 minutes and then drain.
- Fit a food processor with the grating blade.
- Cut the carrots in half and place in the feed tube so they are lying on their sides. Process in batches.
- Place the grated carrots in a medium bowl, add the lemon juice and toss.
- For the dressing, whisk together the sour cream, mayonnaise, sugar and salt.
- Pour the dressing over the carrots and add the pineapple and raisins. Toss together and serve.

## Nutrition Facts



## Properties

Glycemic Index:94.09, Glycemic Load:21.38, Inflammation Score:-10, Nutrition Score:15.212173824725%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 333.1kcal (16.65%), Fat: 18.2g (28%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 38.17g (13.88%), Sugar: 31.5g (35%), Cholesterol: 19.15mg (6.38%), Sodium: 618.72mg (26.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin A: 25401.82IU (508.04%), Vitamin K:

51.36µg (48.92%), Vitamin C: 22.24mg (26.96%), Manganese: 0.44mg (22.09%), Fiber: 5.16g (20.66%), Potassium: 662.32mg (18.92%), Vitamin B6: 0.3mg (14.76%), Vitamin E: 1.72mg (11.47%), Vitamin B2: 0.16mg (9.64%), Phosphorus: 92.2mg (9.22%), Folate: 36.59µg (9.15%), Vitamin B3: 1.79mg (8.94%), Calcium: 82.63mg (8.26%), Vitamin B1: 0.12mg (8.24%), Copper: 0.16mg (7.82%), Magnesium: 28.7mg (7.17%), Vitamin B5: 0.58mg (5.84%), Iron: 0.87mg (4.81%), Zinc: 0.53mg (3.57%), Selenium: 1.5µg (2.15%), Vitamin B12: 0.06µg (1.04%)