



Carrot and Raisin Salad I



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups carrots shredded
- 0.5 cup celery diced
- 0.3 cup mayonnaise
- 0.5 cup raisins
- 1 tablespoon distilled vinegar white

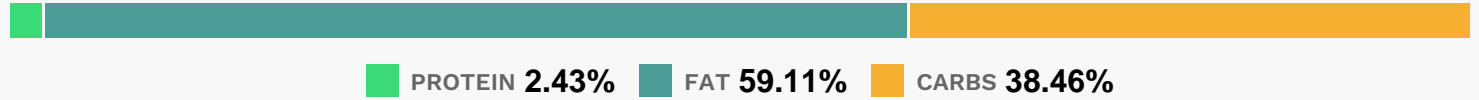
Equipment

- mixing bowl

Directions

- In a mixing bowl, combine the carrots, celery, raisins, mayonnaise and vinegar.
- Mix together and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:39.61, Glycemic Load:6.52, Inflammation Score:-10, Nutrition Score:8.2926087347062%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 139.54kcal (6.98%), Fat: 9.49g (14.6%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 11.74g (4.27%), Sugar: 2.21g (2.45%), Cholesterol: 5.23mg (1.74%), Sodium: 118.63mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin A: 7173.77IU (143.48%), Vitamin K: 28.38µg (27.03%), Fiber: 2.15g (8.6%), Potassium: 260.65mg (7.45%), Manganese: 0.1mg (5.21%), Vitamin E: 0.71mg (4.75%), Vitamin B6: 0.09mg (4.44%), Vitamin C: 3.43mg (4.16%), Vitamin B2: 0.05mg (3.17%), Copper: 0.06mg (3.06%), Folate: 12.12µg (3.03%), Vitamin B1: 0.04mg (2.98%), Vitamin B3: 0.58mg (2.9%), Phosphorus: 28.74mg (2.87%), Iron: 0.48mg (2.69%), Magnesium: 9.82mg (2.46%), Calcium: 21.99mg (2.2%), Vitamin B5: 0.16mg (1.64%), Zinc: 0.15mg (1.03%)