



Carrot and Raisin Salad II

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon brown sugar
- 4 cups carrots shredded
- 1 tablespoon juice of lemon
- 0.5 cup mayonnaise light
- 1 cup raisins
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

Equipment

bowl

whisk

Directions

In a large bowl, whisk together the sour cream, mayonnaise, lemon juice, salt and brown sugar.

Add carrots and raisins and stir until coated.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:19.34, Inflammation Score:-10, Nutrition Score:13.876956504324%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 295.57kcal (14.78%), Fat: 12.31g (18.93%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 47.83g (15.94%), Net Carbohydrates: 41.76g (15.19%), Sugar: 11.05g (12.28%), Cholesterol: 21.44mg (7.15%), Sodium: 630.51mg (27.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Vitamin A: 21582.62IU (431.65%), Vitamin K: 32.36µg (30.82%), Fiber: 6.06g (24.24%), Potassium: 761.19mg (21.75%), Manganese: 0.29mg (14.4%), Vitamin C: 11.22mg (13.6%), Vitamin B6: 0.26mg (13%), Vitamin B2: 0.19mg (11.12%), Vitamin E: 1.57mg (10.49%), Phosphorus: 98.46mg (9.85%), Copper: 0.18mg (8.99%), Vitamin B1: 0.13mg (8.93%), Calcium: 86mg (8.6%), Vitamin B3: 1.7mg (8.49%), Iron: 1.41mg (7.83%), Magnesium: 30.17mg (7.54%), Folate: 29.03µg (7.26%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.49mg (3.27%), Selenium: 2.18µg (3.11%), Vitamin B12: 0.06µg (1.01%)