



Carrot-Pineapple Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots shredded finely
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.5 cup golden raisins
- ☐ 7 leaf lettuce leaves green
- ☐ 6 ounce orange juice concentrate frozen undiluted thawed canned
- ☐ 0.5 teaspoon orange rind grated
- ☐ 8 ounce pineapple in juice crushed undrained canned
- ☐ 1 cup water cold

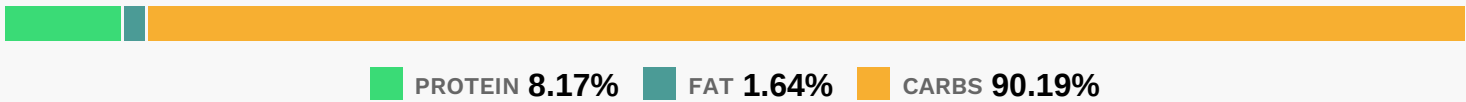
Equipment

- ☐ sauce pan

Directions

- ☐ Sprinkle gelatin over cold water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves, about 2 minutes. Stir in orange juice concentrate and rind. Chill until the consistency of unbeaten egg white.
- ☐ Fold carrot, raisins, and pineapple into gelatin mixture. Spoon mixture evenly into 7 (1/2-cup) molds coated with cooking spray. Cover and chill until firm. Unmold onto individual lettuce-lined salad plates.

Nutrition Facts



Properties

Glycemic Index:14.79, Glycemic Load:5.01, Inflammation Score:-9, Nutrition Score:8.358260926993%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 97.82kcal (4.89%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.03g (8.01%), Sugar: 18.84g (20.94%), Cholesterol: 0mg (0%), Sodium: 19.82mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin A: 3237.76IU (64.76%), Vitamin C: 39.98mg (48.46%), Potassium: 331.2mg (9.46%), Vitamin B1: 0.11mg (7.59%), Vitamin B6: 0.15mg (7.37%), Fiber: 1.62g (6.47%), Folate: 24.84µg (6.21%), Copper: 0.12mg (6.11%), Magnesium: 19.9mg (4.98%), Vitamin B2: 0.08mg (4.88%), Vitamin K: 4.36µg (4.15%), Manganese: 0.07mg (3.66%), Phosphorus: 36.11mg (3.61%), Vitamin B3: 0.66mg (3.3%), Calcium: 28.1mg (2.81%), Iron: 0.43mg (2.4%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.29mg (1.92%), Zinc: 0.16mg (1.03%), Selenium: 0.72µg (1.03%)