



Carrot-Pineapple Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce matchstick-cut carrots
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons maple syrup
- ☐ 1 cup pineapple fresh diced
- ☐ 1 tablespoon pineapple juice fresh

- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt

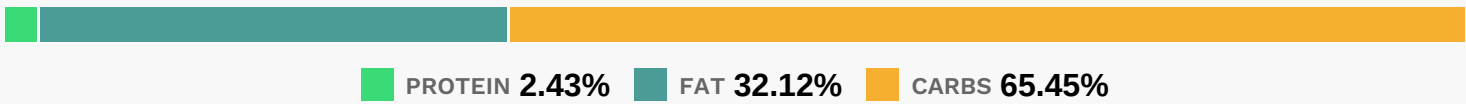
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first 3 ingredients in a large bowl.
- ☐ Combine oil and next 3 ingredients (through pineapple juice), stirring with a whisk.
- ☐ Add oil mixture to carrot mixture; toss well.
- ☐ Add parsley, salt, and pepper; toss well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:43.99, Glycemic Load:8.78, Inflammation Score:-10, Nutrition Score:10.994782546292%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 128.32kcal (6.42%), Fat: 4.85g (7.47%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 19.6g (7.13%), Sugar: 9.34g (10.38%), Cholesterol: 0mg (0%), Sodium: 138.86mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin A: 6644.59IU (132.89%), Vitamin K: 29.9µg (28.48%), Manganese: 0.53mg (26.64%), Vitamin C: 18.98mg (23.01%), Fiber: 2.65g (10.61%), Vitamin B2: 0.14mg (7.95%), Potassium: 273mg (7.8%), Copper: 0.12mg (5.96%), Vitamin E: 0.84mg (5.6%), Vitamin B6: 0.11mg (5.46%), Folate: 21.55µg (5.39%), Iron: 0.92mg (5.11%), Vitamin B1: 0.06mg (3.84%), Magnesium: 14.39mg (3.6%), Calcium: 32.05mg (3.21%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.27mg (2.67%), Phosphorus: 25.93mg (2.59%), Zinc:

0.2mg (1.35%)