



Carrot-Raisin Apple Salad

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz carrots shredded
- 1 cup vanilla yogurt low-fat
- 0.5 cup raisins
- 0.5 cup apples red chopped

Equipment

Directions

- Mix all ingredients; cover.
- Refrigerate several hours or until chilled.

Nutrition Facts

PROTEIN 10.94%

FAT 6.25%

CARBS 82.81%

Properties

Glycemic Index:22.94, Glycemic Load:6.97, Inflammation Score:-10, Nutrition Score:8.8565216997395%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 95.26kcal (4.76%), Fat: 0.71g (1.09%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 18.69g (6.79%), Sugar: 8.96g (9.95%), Cholesterol: 2.04mg (0.68%), Sodium: 63.04mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin A: 7916.64IU (158.33%), Potassium: 351.46mg (10.04%), Fiber: 2.39g (9.58%), Calcium: 89.43mg (8.94%), Phosphorus: 81.87mg (8.19%), Vitamin B2: 0.13mg (7.89%), Vitamin K: 6.51µg (6.2%), Vitamin B6: 0.11mg (5.53%), Manganese: 0.11mg (5.26%), Vitamin C: 4.25mg (5.15%), Vitamin B1: 0.06mg (4.24%), Magnesium: 16.35mg (4.09%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.22µg (3.61%), Folate: 14.14µg (3.54%), Copper: 0.07mg (3.29%), Vitamin B3: 0.65mg (3.26%), Zinc: 0.48mg (3.19%), Selenium: 2.12µg (3.03%), Iron: 0.5mg (2.75%), Vitamin E: 0.34mg (2.26%)