



## Carrot-Raisin Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound carrots grated
- 0.3 cup yogurt plain fat-free
- 1 teaspoon ginger fresh grated peeled
- 1 cup fuji apple chopped (1 medium)
- 1 tablespoon honey
- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon lemon rind grated
- 0.3 cup mayonnaise light

- 0.3 cup cup heavy whipping cream sour low-fat
- 1 tablespoon pecans toasted chopped
- 0.5 cup raisins
- 0.1 teaspoon salt

## Equipment

- bowl

## Directions

- Combine first 4 ingredients in a large bowl.
- Combine yogurt and remaining ingredients in a small bowl. Spoon over carrot mixture; toss gently to coat. Chill up to 2 hours.

## Nutrition Facts

**PROTEIN 5.81%** **FAT 27.42%** **CARBS 66.77%**

## Properties

Glycemic Index:26.86, Glycemic Load:7.33, Inflammation Score:-10, Nutrition Score:8.6495652033583%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 105.9kcal (5.3%), Fat: 3.44g (5.3%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 16.16g (5.88%), Sugar: 7.39g (8.21%), Cholesterol: 3.79mg (1.26%), Sodium: 148.05mg (6.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Vitamin A: 9510.36IU (190.21%), Vitamin K: 11.68µg (11.13%), Fiber: 2.72g (10.87%), Potassium: 318.13mg (9.09%), Manganese: 0.17mg (8.54%), Vitamin C: 5.05mg (6.12%), Vitamin B6: 0.11mg (5.57%), Phosphorus: 50.24mg (5.02%), Calcium: 49.19mg (4.92%), Vitamin B2: 0.08mg (4.87%), Vitamin B1: 0.07mg (4.39%), Vitamin E: 0.6mg (3.98%), Copper: 0.08mg (3.87%), Magnesium: 14.34mg (3.58%), Vitamin B3: 0.71mg (3.54%), Folate: 13.99µg (3.5%), Iron: 0.49mg (2.73%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.34mg (2.25%), Vitamin B12: 0.08µg (1.28%), Selenium: 0.86µg (1.23%)