



Carrot-Raisin Salad with Orange-Nutmeg Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8.8 ounce pineapple crushed drained canned
- ☐ 1 pound carrots shredded
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt

- ☐ 8 ounce cup heavy whipping cream light sour
- ☐ 2 tablespoons sugar

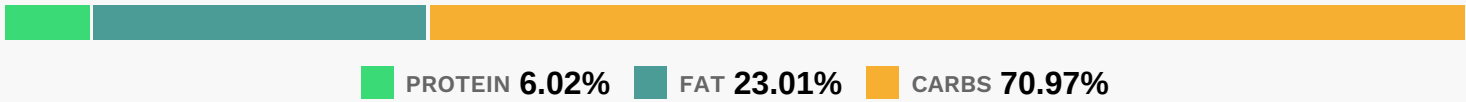
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 6 ingredients in a large bowl; add carrot, pineapple, and raisins, tossing gently. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:24.57, Glycemic Load:6.19, Inflammation Score:-10, Nutrition Score:8.02999999947133%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 96.63kcal (4.83%), Fat: 2.63g (4.05%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 16.07g (5.84%), Sugar: 8.22g (9.13%), Cholesterol: 7.94mg (2.65%), Sodium: 168.75mg (7.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin A: 7667.26IU (153.35%), Vitamin C: 7.29mg (8.84%), Fiber: 2.18g (8.71%), Potassium: 287.81mg (8.22%), Vitamin K: 6.27µg (5.98%), Calcium: 54.33mg (5.43%), Vitamin B6: 0.1mg (5.08%), Vitamin B1: 0.07mg (4.94%), Manganese: 0.09mg (4.39%), Vitamin B2: 0.07mg (4.31%), Phosphorus: 39.67mg (3.97%), Copper: 0.07mg (3.73%), Magnesium: 14.06mg (3.51%), Folate: 13.28µg (3.32%), Vitamin B3: 0.62mg (3.11%), Vitamin E: 0.38mg (2.51%), Iron: 0.42mg (2.34%), Zinc: 0.27mg (1.77%), Vitamin B12: 0.1µg (1.59%), Vitamin B5: 0.13mg (1.33%), Selenium: 0.92µg (1.31%)