



Carrot Salad with Grapes



Vegetarian



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 medium carrots shredded
- ☐ 0.7 cup grape halves red seedless
- ☐ 0.3 cup mayonnaise light
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon sugar

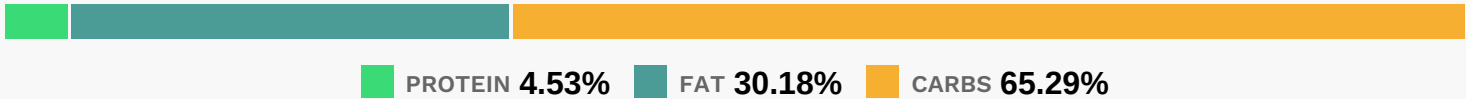
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large bowl, stirring with a whisk until blended.
- ☐ Add carrot and grapes, tossing well to coat.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:53.73, Glycemic Load:6.05, Inflammation Score:-10, Nutrition Score:9.5943478527276%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 95.88kcal (4.79%), Fat: 3.39g (5.21%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 13.69g (4.98%), Sugar: 10.45g (11.61%), Cholesterol: 2.24mg (0.75%), Sodium: 179.51mg (7.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin A: 15329.4IU (306.59%), Vitamin K: 23.28µg (22.17%), Vitamin C: 10.45mg (12.67%), Fiber: 2.81g (11.22%), Potassium: 362.23mg (10.35%), Vitamin B6: 0.15mg (7.58%), Manganese: 0.15mg (7.55%), Vitamin E: 0.96mg (6.41%), Vitamin B1: 0.09mg (5.77%), Folate: 21µg (5.25%), Vitamin B3: 0.98mg (4.91%), Vitamin B2: 0.07mg (4.32%), Phosphorus: 40.6mg (4.06%), Copper: 0.08mg (3.98%), Magnesium: 13.96mg (3.49%), Calcium: 34.5mg (3.45%), Vitamin B5: 0.29mg (2.87%), Iron: 0.4mg (2.23%), Zinc: 0.25mg (1.68%)