



Carrot Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

Ingredients

- 0.5 cup pineapple canned crushed drained
- 2 pounds carrots
- 1 pinch celery seed and/or caraway seed
- 2 teaspoons curry powder
- 1 teaspoon garlic minced
- 1 pinch kosher salt
- 0.5 cup mayonnaise
- 0.5 cup raisins

0.3 cup sugar

Equipment

whisk

mixing bowl

peeler

Directions

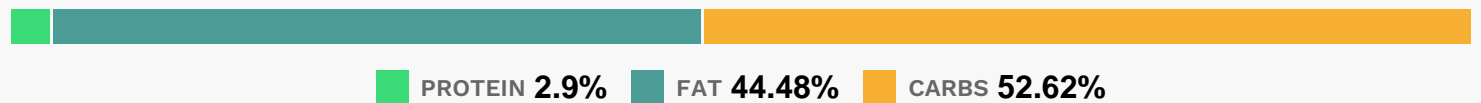
Wash the carrots and peel, if necessary. Using a vegetable peeler, cut the carrots into wide noodle-shaped strips.

In a large mixing bowl whisk together the mayonnaise, salt, sugar, pineapple, raisins, curry powder, garlic, and celery seed and/or caraway seed, if using.

Add the carrots and toss to combine.

Serve immediately or refrigerate for 1 hour to serve cold.

Nutrition Facts



Properties

Glycemic Index:65.18, Glycemic Load:26.64, Inflammation Score:-10, Nutrition Score:18.668260851632%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 424.29kcal (21.21%), Fat: 21.88g (33.66%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 58.24g (19.41%), Net Carbohydrates: 49.9g (18.15%), Sugar: 31.8g (35.33%), Cholesterol: 11.76mg (3.92%), Sodium: 350.56mg (15.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin A: 37931.61IU (758.63%), Vitamin K: 76.79µg (73.14%), Fiber: 8.34g (33.38%), Potassium: 939.82mg (26.85%), Manganese: 0.45mg (22.49%), Vitamin C: 17.53mg (21.25%), Vitamin B6: 0.39mg (19.72%), Vitamin E: 2.64mg (17.63%), Vitamin B1: 0.21mg (13.86%), Vitamin B3: 2.56mg (12.81%), Folate: 48.1µg (12.03%), Vitamin B2: 0.18mg (10.8%), Phosphorus: 106.93mg (10.69%), Copper: 0.21mg (10.44%), Magnesium: 41.2mg (10.3%), Calcium: 97.62mg (9.76%), Iron: 1.72mg (9.56%), Vitamin B5: 0.68mg

(6.8%), Zinc: 0.72mg (4.78%), Selenium: 1.51µg (2.15%)