



Carrot Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds carrots shredded
- ☐ 2 tablespoons chives chopped
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup pineapple chunks canned drained
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt

☐ 0.3 cup sugar

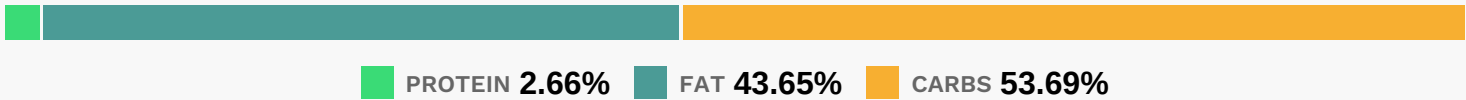
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In a medium bowl, mix together the mayonnaise, pepper, salt and sugar. Stir in the carrots, raisins and pineapple chunks.
- ☐ Add the crushed red pepper, if desired. Top with the chives.
- ☐ Cover the slaw with plastic wrap and refrigerate for at least 30 minutes before serving, allowing flavors to meld.

Nutrition Facts



Properties

Glycemic Index:50.45, Glycemic Load:19.67, Inflammation Score:-10, Nutrition Score:12.825652179511%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 284.41kcal (14.22%), Fat: 14.46g (22.25%), Saturated Fat: 2.27g (14.22%), Carbohydrates: 40.03g (13.34%), Net Carbohydrates: 34.92g (12.7%), Sugar: 15.25g (16.94%), Cholesterol: 7.84mg (2.61%), Sodium: 403.03mg (17.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin A: 19104.17IU (382.08%), Vitamin K: 48.08µg (45.79%), Fiber: 5.11g (20.43%), Potassium: 588.98mg (16.83%), Manganese: 0.25mg (12.44%), Vitamin C: 9.51mg (11.52%), Vitamin B6: 0.22mg (10.97%), Vitamin E: 1.49mg (9.95%), Vitamin B1: 0.12mg (7.7%), Vitamin B3: 1.46mg (7.29%), Copper: 0.14mg (7.24%), Vitamin B2: 0.12mg (7.14%), Phosphorus: 64.14mg (6.41%), Iron: 1.12mg (6.22%), Folate: 24.85µg (6.21%), Magnesium: 23.59mg (5.9%), Calcium: 49.85mg (4.99%), Vitamin B5: 0.36mg (3.6%), Zinc: 0.38mg (2.51%), Selenium: 0.86µg (1.23%)