



Citrus Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



8

CALORIES



22 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup carrots shredded
- 1 teaspoon juice of lemon
- 1 teaspoon juice of lime
- 0.3 cup raisins
- 1 teaspoon sugar white

Equipment

- bowl
- microwave

Directions

- Mix carrots, raisins, lemon juice, lime juice, and sugar together using a fork in a microwave-safe bowl; cover bowl.
- Heat in the microwave on low for 30 seconds.
- Transfer salad to a glass bowl; sprinkle marshmallows over salad.

Nutrition Facts

 **PROTEIN 4.39%**  **FAT 2.45%**  **CARBS 93.16%**

Properties

Glycemic Index:21.97, Glycemic Load:2.77, Inflammation Score:-9, Nutrition Score:3.3204348207168%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 22.19kcal (1.11%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.92g (1.79%), Sugar: 1.28g (1.43%), Cholesterol: 0mg (0%), Sodium: 12.33mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin A: 2673.31IU (53.47%), Fiber: 0.76g (3.04%), Potassium: 89.97mg (2.57%), Vitamin K: 2.12µg (2.02%), Vitamin C: 1.62mg (1.96%), Manganese: 0.04mg (1.76%), Vitamin B6: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.06%), Copper: 0.02mg (1.06%), Vitamin B2: 0.02mg (1.05%), Vitamin B3: 0.21mg (1.05%)