



Corn and Carrot Salad with Golden Raisins

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound carrots grated
- 1 cup corn kernels frozen thawed drained
- 5 tablespoons parsley leaves fresh chopped
- 0.5 cup golden raisins
- 1 tablespoon juice of lemon freshly squeezed
- 2 tablespoons mayonnaise
- 1 tablespoon olive oil extra-virgin
- 4 servings salt and freshly cracked pepper black

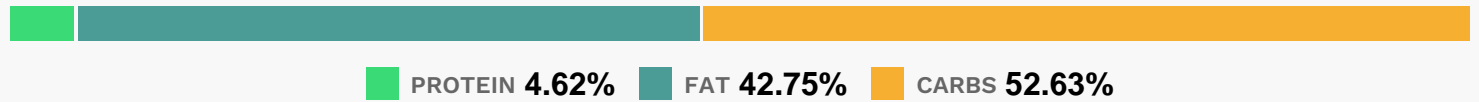
Equipment

- bowl
- whisk

Directions

- In a small bowl, whisk together the mayonnaise, oil, and lemon juice.
- Combine the carrots, corn kernels, raisins, and parsley leaves in a large serving bowl.
- Pour the dressing over the salad and season, to taste, with salt and pepper.
- Serve immediately or store, covered, in the refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:9.63, Inflammation Score:-10, Nutrition Score:14.081304212627%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 186.62kcal (9.33%), Fat: 9.5g (14.62%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 23.01g (8.37%), Sugar: 15.41g (17.13%), Cholesterol: 2.94mg (0.98%), Sodium: 366.49mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin A: 9916.57IU (198.33%), Vitamin K: 103.64µg (98.7%), Vitamin C: 12.68mg (15.37%), Fiber: 3.31g (13.24%), Potassium: 403.81mg (11.54%), Manganese: 0.19mg (9.65%), Folate: 35.19µg (8.8%), Vitamin E: 1.21mg (8.06%), Vitamin B6: 0.16mg (7.94%), Vitamin B2: 0.11mg (6.52%), Phosphorus: 64.22mg (6.42%), Vitamin B3: 1.24mg (6.22%), Copper: 0.11mg (5.72%), Magnesium: 21.28mg (5.32%), Iron: 0.95mg (5.3%), Vitamin B1: 0.06mg (4%), Calcium: 37.39mg (3.74%), Vitamin B5: 0.36mg (3.63%), Zinc: 0.39mg (2.61%)