



Curried Carrot Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb carrots shredded peeled
- 1.5 tsp curry powder
- 1 Tbsp heinz distilled vinegar white
- 0.3 cup green onions sliced
- 1 Tbsp honey
- 0.5 cup real mayo mayonnaise kraft
- 0.5 cup raisins
- 0.3 tsp salt

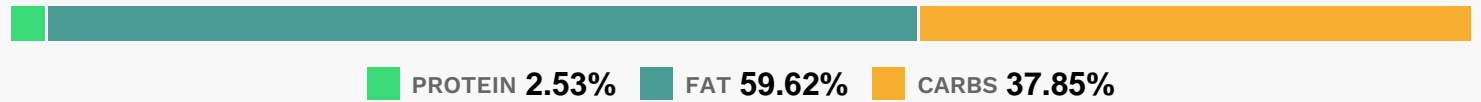
Equipment

- bowl
- whisk

Directions

- Toss carrots with raisins and onions in large bowl; set aside.
- Mix all remaining ingredients with wire whisk until well blended.
- Add to carrot mixture; toss to coat. Cover.
- Refrigerate 1 hour or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:19.66, Glycemic Load:3.66, Inflammation Score:-10, Nutrition Score:6.9682608237085%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 83.27kcal (4.16%), Fat: 5.72g (8.79%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 6.86g (2.5%), Sugar: 2.68g (2.98%), Cholesterol: 3.14mg (1.05%), Sodium: 108.93mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin A: 5080.79IU (101.62%), Vitamin K: 20.96µg (19.96%), Fiber: 1.3g (5.21%), Potassium: 148.11mg (4.23%), Manganese: 0.07mg (3.53%), Vitamin E: 0.5mg (3.34%), Vitamin C: 2.49mg (3.02%), Vitamin B6: 0.06mg (2.77%), Folate: 8.02µg (2.01%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.37mg (1.86%), Iron: 0.33mg (1.83%), Vitamin B2: 0.03mg (1.8%), Phosphorus: 17.39mg (1.74%), Copper: 0.03mg (1.68%), Magnesium: 6.14mg (1.54%), Calcium: 14.65mg (1.47%)