



Fresh Carrot Topper

READY IN



70 min.

SERVINGS



10

CALORIES



94 kcal

SIDE DISH

Ingredients

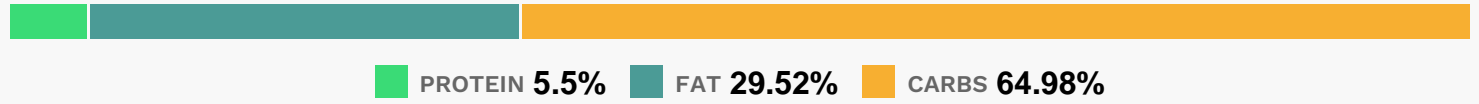
- 8 oz pineapple crushed drained well canned
- 1 cup carrots shredded
- 0.3 cup knudsen cream light sour
- 0.3 tsp ground ginger
- 0.3 cup raisins
- 36 ritz crackers low sodium

Equipment

Directions

- Mix all ingredients except crackers until well blended; cover.
- Refrigerate at least 1 hour to allow flavors to blend.
- Spoon 2 tsp. of the mixture onto each cracker just before serving.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:4.8069564667733%

Flavonoids

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

Nutrients (% of daily need)

Calories: 94.27kcal (4.71%), Fat: 3.2g (4.92%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 14.61g (5.31%), Sugar: 4.73g (5.26%), Cholesterol: 2.01mg (0.67%), Sodium: 110.45mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin A: 2168.58IU (43.37%), Vitamin K: 7.28µg (6.93%), Vitamin B1: 0.09mg (5.8%), Manganese: 0.1mg (5.23%), Fiber: 1.24g (4.95%), Phosphorus: 43.33mg (4.33%), Iron: 0.72mg (4.02%), Vitamin B3: 0.78mg (3.9%), Vitamin C: 3.2mg (3.88%), Potassium: 134.59mg (3.85%), Calcium: 34mg (3.4%), Vitamin B2: 0.06mg (3.33%), Vitamin E: 0.48mg (3.22%), Folate: 12.13µg (3.03%), Copper: 0.06mg (2.96%), Vitamin B6: 0.05mg (2.58%), Magnesium: 9.11mg (2.28%), Selenium: 0.83µg (1.19%), Zinc: 0.16mg (1.06%)