



Jeweled Carrot Salad with Apple and Pomegranate

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups carrots freshly grated (from 2 to 3 large carrots)
- 1 large apples sweet cored peeled chopped
- 1 Tbsp juice of lime freshly squeezed
- 2 teaspoons honey
- 2 Tbsp mayonnaise
- 0.3 cup raisins
- 0.3 cup raisins

0.5 cup pomegranate seeds

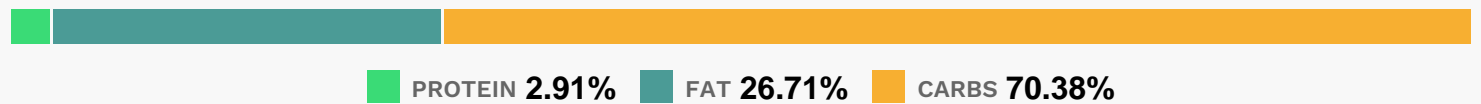
Equipment

bowl

Directions

- Place grated carrots and chopped apples in a large bowl.
- Sprinkle with lime juice and toss to coat.
- Stir in honey, mayonnaise, raisins and craisins. Stir in pomegranate seeds.
- Add more lime juice, mayonnaise, or honey to taste.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:76.73, Glycemic Load:11.43, Inflammation Score:-10, Nutrition Score:10.347826081126%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 180.9kcal (9.05%), Fat: 5.78g (8.9%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 29.29g (10.65%), Sugar: 20.12g (22.35%), Cholesterol: 2.9mg (0.97%), Sodium: 92.28mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin A: 10728.31IU (214.57%), Vitamin K: 24.88µg (23.7%), Fiber: 4.99g (19.96%), Vitamin C: 10.08mg (12.22%), Potassium: 398.9mg (11.4%), Manganese: 0.18mg (9.18%), Vitamin B6: 0.15mg (7.46%), Vitamin E: 1.04mg (6.93%), Folate: 22.68µg (5.67%), Copper: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.21%), Vitamin B2: 0.08mg (4.96%), Phosphorus: 45.43mg (4.54%), Vitamin B3: 0.89mg (4.46%), Magnesium: 16.39mg (4.1%), Iron: 0.62mg (3.43%), Vitamin B5: 0.33mg (3.25%), Calcium: 31.02mg (3.1%), Zinc: 0.29mg (1.95%)