



WHATSheATE



Mom's Carrot and Raisin Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



16 ounce carrots shredded peeled



3 tablespoons orange juice



0.3 cup raisins

Equipment

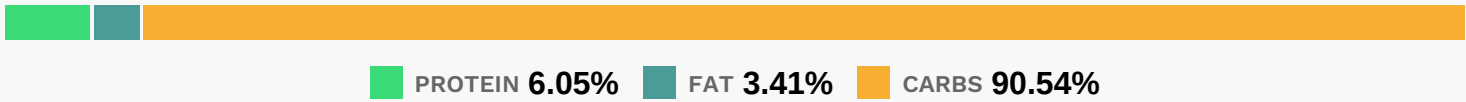


bowl

Directions

Stir the shredded carrots, orange juice, and raisins together in a bowl.

Nutrition Facts



Properties

Glycemic Index:39.41, Glycemic Load:9.37, Inflammation Score:-10, Nutrition Score:10.349130403736%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 88kcal (4.4%), Fat: 0.36g (0.56%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 17.65g (6.42%), Sugar: 6.45g (7.16%), Cholesterol: 0mg (0%), Sodium: 81.76mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin A: 18969.79IU (379.4%), Vitamin C: 13.72mg (16.63%), Fiber: 4.02g (16.09%), Vitamin K: 14.98µg (14.27%), Potassium: 488.06mg (13.94%), Manganese: 0.2mg (9.81%), Vitamin B6: 0.18mg (9.22%), Vitamin B1: 0.1mg (6.66%), Vitamin B3: 1.3mg (6.5%), Folate: 25.73µg (6.43%), Vitamin B2: 0.09mg (5.39%), Phosphorus: 50.92mg (5.09%), Vitamin E: 0.75mg (5.02%), Copper: 0.09mg (4.66%), Magnesium: 18.64mg (4.66%), Calcium: 42.21mg (4.22%), Iron: 0.68mg (3.77%), Vitamin B5: 0.34mg (3.39%), Zinc: 0.3mg (2%)