



Old-Fashioned Carrot Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 bunches topped carrots
- 1.5 teaspoons kosher salt
- 1 cup mayonnaise good
- 0.5 golden pineapple peeled chopped
- 0.5 cup raisins

Equipment

- food processor

bowl

Directions

- Peel the carrots and grate them in a food processor fitted with the large grating attachment. If you lay the carrots on their sides in the feed tube, you will have nice long grated strands.
- Place the grated carrots in a large bowl and add the mayonnaise, pineapple, raisins, salt, and pepper. Toss well and season to taste.
- Serve chilled or at room temperature.

Nutrition Facts

  **PROTEIN 2.22%**  **FAT 66.13%**  **CARBS 31.65%**

Properties

Glycemic Index:30.79, Glycemic Load:10.5, Inflammation Score:-10, Nutrition Score:14.556521744832%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 280.67kcal (14.03%), Fat: 21.27g (32.72%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 19.08g (6.94%), Sugar: 9.76g (10.85%), Cholesterol: 11.76mg (3.92%), Sodium: 675.61mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Vitamin A: 14251.79IU (285.04%), Vitamin K: 57.46µg (54.72%), Vitamin C: 32.54mg (39.44%), Manganese: 0.69mg (34.46%), Fiber: 3.82g (15.28%), Potassium: 415.77mg (11.88%), Vitamin B6: 0.2mg (10.01%), Vitamin E: 1.49mg (9.95%), Vitamin B1: 0.11mg (7.59%), Folate: 28.02µg (7.01%), Copper: 0.14mg (6.76%), Vitamin B3: 1.22mg (6.1%), Vitamin B2: 0.09mg (5.26%), Magnesium: 20.21mg (5.05%), Phosphorus: 47.15mg (4.71%), Calcium: 41mg (4.1%), Vitamin B5: 0.41mg (4.07%), Iron: 0.73mg (4.05%), Zinc: 0.33mg (2.22%), Selenium: 0.85µg (1.21%)