



Pineapple Carrot Salad Topper

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup carrots shredded
- 1 Tbsp honey
- 8 oz pineapple in juice crushed drained canned
- 0.5 cup lowfat yogurt plain
- 0.3 cup raisins seedless chopped
- 84 woven wheat crackers

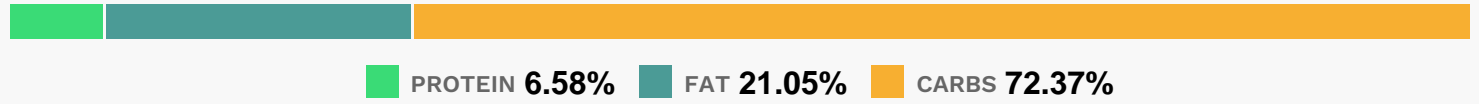
Equipment

- bowl

Directions

- Mix carrot, pineapple, yogurt, raisins and honey in small bowl.
- Serve immediately or cover and refrigerate until ready to serve.
- Serve as a topper on crackers.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:2.7034782650678%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 81.46kcal (4.07%), Fat: 1.97g (3.04%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 13.89g (5.05%), Sugar: 5.71g (6.34%), Cholesterol: 0.49mg (0.16%), Sodium: 94.7mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin A: 1437.3IU (28.75%), Fiber: 1.37g (5.5%), Calcium: 27.89mg (2.79%), Potassium: 92.48mg (2.64%), Vitamin C: 2.17mg (2.63%), Iron: 0.43mg (2.37%), Vitamin B1: 0.03mg (1.88%), Vitamin B2: 0.03mg (1.88%), Phosphorus: 18.28mg (1.83%), Vitamin B6: 0.03mg (1.68%), Copper: 0.03mg (1.57%), Magnesium: 5.68mg (1.42%), Vitamin K: 1.25µg (1.19%), Manganese: 0.02mg (1.11%)