



Quick Carrot and Raisin Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons almonds sliced
- ☐ 1 pound baby carrots
- ☐ 0.3 teaspoon bottled garlic minced
- ☐ 3 tablespoons mayonnaise fat-free
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup raisins
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons sugar

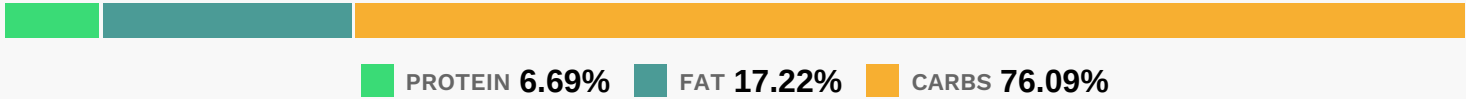
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first 5 ingredients in a large bowl.
- ☐ Combine mayonnaise and remaining ingredients in a small bowl, stirring with a whisk. Spoon dressing over carrot mixture; toss gently to coat. Cover and chill at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:63.22, Glycemic Load:6.46, Inflammation Score:-10, Nutrition Score:14.603478400604%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 122.01kcal (6.1%), Fat: 2.53g (3.89%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 19.86g (7.22%), Sugar: 8.92g (9.91%), Cholesterol: 0.94mg (0.31%), Sodium: 323.24mg (14.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin A: 16081.12IU (321.62%), Vitamin K: 75.05µg (71.48%), Fiber: 5.29g (21.17%), Manganese: 0.35mg (17.58%), Vitamin C: 13.81mg (16.73%), Potassium: 460.06mg (13.14%), Iron: 1.97mg (10.96%), Folate: 42.64µg (10.66%), Copper: 0.21mg (10.37%), Vitamin B6: 0.18mg (8.9%), Magnesium: 30.37mg (7.59%), Vitamin E: 1.1mg (7.3%), Vitamin B2: 0.12mg (7.04%), Phosphorus: 67.94mg (6.79%), Calcium: 63.36mg (6.34%), Vitamin B5: 0.53mg (5.28%), Vitamin B3: 1.01mg (5.06%), Vitamin B1: 0.07mg (4.59%), Zinc: 0.43mg (2.86%), Selenium: 1.43µg (2.04%)