



Shredded Carrot Salad

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups carrots shredded
- 0.5 cup raisins
- 1 cup whipped cream sweetened

Equipment

- bowl

Directions

In a medium bowl, mix together the carrots and raisins. Fold in the whipped cream until evenly coated. Store in the refrigerator until serving.

Nutrition Facts



PROTEIN 5.47% **FAT 21.62%** **CARBS 72.91%**

Properties

Glycemic Index:26.77, Glycemic Load:8.49, Inflammation Score:-10, Nutrition Score:8.9017391075259%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 96.45kcal (4.82%), Fat: 2.49g (3.83%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 15.69g (5.71%), Sugar: 4.84g (5.38%), Cholesterol: 7.6mg (2.53%), Sodium: 63.06mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin A: 14324.29IU (286.49%), Fiber: 3.21g (12.84%), Potassium: 387.45mg (11.07%), Vitamin K: 11.45µg (10.91%), Manganese: 0.15mg (7.72%), Vitamin B6: 0.14mg (7.23%), Vitamin C: 5.69mg (6.89%), Vitamin B1: 0.07mg (4.9%), Vitamin B3: 0.98mg (4.9%), Phosphorus: 47.83mg (4.78%), Vitamin B2: 0.08mg (4.59%), Folate: 16.88µg (4.22%), Vitamin E: 0.63mg (4.18%), Calcium: 41.64mg (4.16%), Copper: 0.08mg (3.79%), Magnesium: 14.97mg (3.74%), Iron: 0.57mg (3.19%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.26mg (1.76%)