



Wabbit-Approved Carrot Raisin Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 large carrots shredded
- 0.5 cup pineapple in juice crushed
- 0.5 cup yogurt plain
- 0.3 cup raisins to taste

Equipment

- bowl

Directions

Mix yogurt and pineapple in a bowl until blended; fold in carrots and raisins.

Nutrition Facts

 PROTEIN **8.74%**  FAT **12.35%**  CARBS **78.91%**

Properties

Glycemic Index:31.16, Glycemic Load:5.8, Inflammation Score:-10, Nutrition Score:8.4939130006925%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 81.22kcal (4.06%), Fat: 1.2g (1.84%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 14.81g (5.39%), Sugar: 7.21g (8.01%), Cholesterol: 3.98mg (1.33%), Sodium: 54.11mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin A: 9062.87IU (181.26%), Fiber: 2.42g (9.69%), Potassium: 323.09mg (9.23%), Vitamin C: 5.96mg (7.22%), Vitamin K: 7.35µg (7%), Calcium: 61.03mg (6.1%), Vitamin B6: 0.12mg (5.92%), Vitamin B2: 0.1mg (5.65%), Phosphorus: 56.37mg (5.64%), Vitamin B1: 0.08mg (5.18%), Manganese: 0.1mg (5.13%), Magnesium: 16.27mg (4.07%), Copper: 0.08mg (3.93%), Vitamin B3: 0.72mg (3.6%), Folate: 13.81µg (3.45%), Vitamin B5: 0.27mg (2.71%), Iron: 0.48mg (2.64%), Vitamin E: 0.38mg (2.53%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.11µg (1.89%), Selenium: 0.87µg (1.25%)