

Carrot Raisin Pineapple Salad

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-and-pineapple-salad-recipe-south-africa>

Ingredients:

- 1 pound shredded carrots or grated, 455g
- 1/2 cup raisins
- 1 tablespoon honey optional omit for whole30
- 1/3 cup pineapple drained and diced small 65g
- 3/4 cup mayonnaise 125mls - 175mls, or vegan mayo if not whole30

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 10 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 2 grams
7. SaturatedFat: 2 grams
8. Sodium: 390 milligrams
9. Sugar: 22 grams

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