

# Jamaican Salad with Pineapples and Raisins -no mayo

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-salad-recipe>

## Ingredients:

- 4 cups cabbage savoy, white or red cabbage
- 1 cup pineapple diced or finely chopped
- 1/2 cup raisins ; use more if you prefer your salad sweeter
- 1 1/2 cups shredded carrots
- 3 tablespoons yellow mustard
- 1/3 cup apple cider vinegar
- 1/3 cup extra-virgin olive oil or any cold-pressed oil suitable for salads
- 1 jalapeno pepper deseeded and silvered
- 2 stems spring onion
- 1/3 teaspoon salt or more to taste
- 1/3 teaspoon black pepper
- 4 cups cabbage savoy, white or red cabbage
- 1 cup pineapple diced or finely chopped
- 1/2 cup raisins use more if you prefer your salad sweeter
- 1 1/2 cups shredded carrots

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 49 grams
3. Fat: 18 grams
4. Fiber: 8 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 300 milligrams
8. Sugar: 29 grams

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