

# Carrot and Raisin Salad



4.94 from 16 votes

An easy shredded carrot salad recipe made with raisins, pineapple, and a sweet and tangy dressing.

Prep Time 10 mins	Refrigerate 1 hr	Total Time 1 hr 10 mins
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Course: Salad Cuisine: American Servings: 8 Calories: 61kcal Author: [Kristen Chidsey](#)

## Ingredients

- 1/2 cup raisins
- 1/2 cup hot water
- 1 (8 ounce) can of pineapple tidbits in 100% juice juice reserved
- 1 teaspoon rice wine vinegar
- 1 tablespoon honey or maple syrup
- 1/2 teaspoon kosher salt
- 4 cups shredded carrots about 4 large carrots

## Instructions

1. Pour the hot water over the raisins and let the raisins sit in the hot water to plump up for 5 to 10 minutes. Once raisins have plumped up, drain off water.
2. Drain pineapple tidbits, reserving 2 tablespoons for dressing.
3. Mix together the rice wine vinegar, maple syrup, salt and 2 tablespoons of reserved pineapple juice.
4. Toss together carrots, pineapple tidbits, plumped raisins, and dressing together.
5. Refrigerate for at least one hour before serving.

## Notes

- In place of honey, use maple syrup to keep this salad vegan and paleo friendly.
- Carrot salad can be served immediately, but is best after 1 hour of refrigeration time to allow the flavors to develop.
- Carrot salad will last for 4-5 days refrigerated.
- Feel free to use golden raisins in place of traditional raisins.
- Be sure to use pineapple tidbits in 100% pineapple juice.

## Nutrition

Calories: 61kcal | Carbohydrates: 15g | Sodium: 192mg | Potassium: 279mg | Fiber: 2g | Sugar: 5g | Vitamin A: 10690IU | Vitamin C: 4.3mg | Calcium: 24mg | Iron: 0.4mg