



Carrot-Raisin Salad

Ingredients

2 cups shredded raw carrots

½ cup raisins

¼ cup light mayonnaise

¼ cup low-fat yogurt

2 Tablespoons fresh lemon juice

Makes 6 servings

Instructions

1. Wash, peel and shred carrots.
2. In a medium bowl, mix together carrots and raisins.
3. Mix together mayonnaise, yogurt and lemon juice.
4. Pour over salad and mix thoroughly.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 115mg **5%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 1g

Vitamin A 120% • Vitamin C 8%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

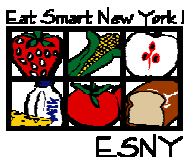
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

32% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

October 2009



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

