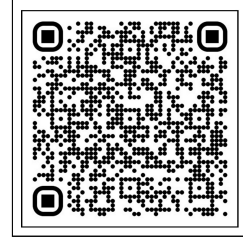




Cornell University
 Cooperative Extension
 New York City



Carrot Raisin Salad

Ingredients:

- 6 medium carrots
- ¾ cup raisins
- 2 tablespoons plain low-fat yogurt (or light mayonnaise)
- 1 tablespoon orange juice

Directions:

1. Rinse and scrub carrots with a vegetable brush. Shred carrots using a grater.
2. In a large bowl, mix all ingredients together well.
3. Chill and serve.

Yields about 6 servings

Nutrition Facts

servings per container
Serving size 1/2 cup (88g)

Amount per serving
Calories **110**

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 357mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

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