

Crunchy Carrot Salad

Makes 4–6 large servings

- 1 pound raw carrots, peeled and shredded
- 1/2 cup raisins
- 1 carton (8 oz.) lowfat vanilla or lemon yogurt

Mix all ingredients in large mixing bowl.
Cover with plastic wrap and refrigerate for 15 minutes.
Toss again before serving.



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Nutrition Facts	
Serving Size 1/2 cup (195g)	
Servings Per Container 4 to 6	
Amount Per Serving	
Calories 170	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Cholesterol 5mg	1%
Sodium 100mg	4%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	16%
Sugars 29g	
Protein 5g	
Vitamin A 390%	Vitamin C 15%
Calcium 15%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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