

Carrot Raisin Salad

½ cup raisins
2 cups coarsely grated carrots
¼ cup low-fat mayonnaise
Pineapples or apples, diced (optional)

Put raisins in a bowl of hot water for 15 to 20 minutes. Drain raisins. Mix all ingredients well.
Chill.

Serves 6: serving size ½ cup

Nutritional Facts:

Calories	98.4
Fat	3 g
Saturated Fat	.51 g
Carbohydrates	20 g
Sodium	64 mg
Cholesterol	2.4 mg
Vitamin C	6.7 mg

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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