



Carrot Raisin Salad

6 Servings

Ingredients (Serving Size ½ Cup):

- 1/2 cup raisins
- 2 cups coarsely grated carrots
- 1/4 cup low-fat mayonnaise
- Pineapples or apples, diced (optional)

Directions:

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

Nutrition Facts per Serving:

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

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