



A Nutrition Resource

# CARROT RAISIN SALAD WITH YOGURT

**Yield: 7 Servings | Serving Size: 1/2 cup**

**Cost/serving: \$0.26**

**Ingredients:**

- 5-6 carrots, peeled and shredded
- 1/2 cup raisins
- 1 6-ounce carton low fat vanilla yogurt or plain yogurt
- 1 teaspoon cinnamon

**Directions:**

- 1) Mix all ingredients together.
- 2) Cover and refrigerate. Serve chilled.



## Nutrition Facts

7 servings per container

**Serving size** 1/2 cup (92g)

Amount per serving

**Calories** 70

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 65mg 3%

**Total Carbohydrate** 16g 6%

Dietary Fiber 2g 7%

Total Sugars 13g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 61mg 4%

Iron 1mg 6%

Potassium 269mg 6%

\*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.

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