

## Carrot raisin salad



Recipe credit

University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book p.s-20

## About this recipe

Serves

4

Serving size

1/4 of recipe

## Ingredients

- 4 carrot (medium, peeled and grated)

- 1/4 cup raisins
- 2 teaspoons sugar
- 1 lemon, juiced

## Directions

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
2. Serve chilled.

## Nutritional info

Calories

63

Total fat

0 g

Cholesterol

0 mg

Sodium

43 mg

Total carbohydrates

16 g

Dietary fiber

2 g

Protein

1 g

Total sugar

11 g

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