# Apple-Carrot Salad

## Ingredients:

1 cup carrots, shredded
3 (medium) apples, unpeeled and diced
1 Tablespoon lemon juice
½ cup raisins
1/3 cup cholesterol free, reduced fat mayonnaise.

## Directions:

Combine all ingredients. Chill thoroughly. Serve on leafy lettuce (optional).

## Nutrition Facts

Serving Size 1 apple with sauce (@8.5 ounces) (250g)
Servings Per Container 4

**Amount Per Serving**

| | |
|---|---|
| **Calories** 240 | Calories from Fat 20 |
| | **% Daily Value*** |
| **Total Fat** 2.5g | **4%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 5mg | **2%** |
| **Sodium** 10mg | **0%** |
| **Total Carbohydrate** 59g | **20%** |
| Dietary Fiber 6g | **24%** |
| Sugars 49g | |
| **Protein** 1g | |

| | |
|---|---|
| Vitamin A 4% | • Vitamin C 20% |
| Calcium 4% | • Iron 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300 mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 6-18-08

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