



A Nutrition Resource



CARROT RAISIN SALAD WITH YOGURT

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

Cost/serving: \$0.21

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.



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

