



May 6- Tropical Carrot Salad

Smart Snack

Link: <https://www.foodhero.org/recipes/tropical-carrot-salad>

Recipe

Ingredients:

2 cups shredded carrots

1 cup unsweetened pineapple tidbits

$\frac{3}{4}$ cup raisins

$\frac{1}{4}$ cup low-fat mayonnaise or low-fat plain yogurt

$\frac{1}{4}$ cup sunflower seeds or slivered almonds

Directions:

1. In a medium serving bowl, combine carrots, pineapple and raisins.
2. Stir in mayonnaise and seeds. Cover and refrigerate until serving.

Yield 6 servings

Nutrition Facts

Serving Size $\frac{2}{3}$ cup (98.67g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 60

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 140mg 6%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Sugars 8g

Protein 2g 3%

Vitamin A 120% • Vitamin C 6%

Calcium 8% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.