

Carrot Raisin Salad

Makes: 4 servings

This easy and healthy side salad has a sweet and tangy flavor. Make it ahead of time and serve it chilled.

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.

Notes

Learn more about:

- [Carrots](#)
- [Citrus Fruits](#)

Source: University of Wyoming, Cooperative Extension, Cent\$ible

Nutrition Information

Nutrients	Amount
Calories	63
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	43 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	2 g
Protein	1 g
Vitamin D	0 IU
Calcium	26 mg
Iron	0 mg
Potassium	278 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/4 cup
 Vegetables	1/2 cup