

# TROPICAL CARROT SALAD

## Ingredients:

- 2 cups shredded carrots (2 to 3 carrots)
- 1 cup unsweetened pineapple tidbits, drained
- 3/4 cup raisins
- 1/4 cup low-fat mayonnaise or low-fat plain yogurt
- 1/4 cup sunflower seeds or slivered almonds

## Directions:

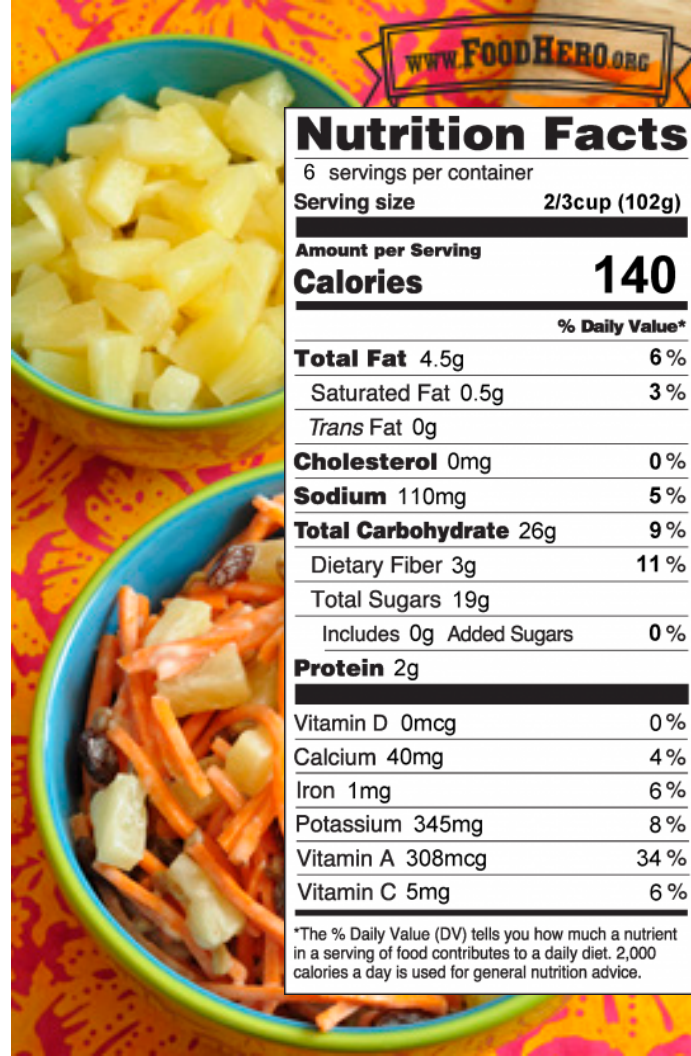
1. In a medium serving bowl, combine carrots, pineapple and raisins.
2. Stir in mayonnaise or yogurt and nuts or seeds. Cover and refrigerate until serving.
3. Refrigerate leftovers within 2 hours.

## Notes:

Save leftover pineapple and juice in the refrigerator for a few days, or freeze for longer storage.

Leftover pineapple can be used in smoothies, fruit salads and more. See FoodHero.org for recipes.

Thanks to our SNAP-Ed team's weekly fruit and veggie share!



## Nutrition Facts

6 servings per container

Serving size 2/3cup (102g)

Amount per Serving

**Calories** 140

% Daily Value\*

**Total Fat** 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 110mg 5%

**Total Carbohydrate** 26g 9%

Dietary Fiber 3g 11%

Total Sugars 19g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1mg 6%

Potassium 345mg 8%

Vitamin A 308mcg 34%

Vitamin C 5mg 6%

\*The % Daily Value (DV) 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.