



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Carrot, Pineapple, and Raisin Salad\*

- 1 ½ cups finely grated carrots
- 1 small can crushed pineapple
- ½ cup raisins
- ¼ cup light mayonnaise or yogurt

1. Toss carrots and fruit together lightly.
2. Add enough mayonnaise or yogurt to moisten.
3. Chill. Serve on lettuce or cabbage. Makes 6 servings.

### Nutrition Facts

Serving Size: 1/2 cup (93g)

Servings: 6

Amount Per Serving

Calories 100      Calories from Fat 30

% Daily Value\*

**Total Fat** 3.5g      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** less than 5mg      **1%**

**Sodium** 85mg      **4%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber 2g      **6%**

Sugars 15g

**Protein** less than 1g

Vitamin A 70%      ■ Vitamin C 8%

Calcium 2%      ■ Iron 2%

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

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

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