

# Carrot-Raisin Salad

Kaye Hagler - Dothan, AL  
*Southern Living - 1987 Annual Recipes*

## Servings: 4

*3/4 pound carrots, scraped and shredded*  
*1/4 cup + 2 tablespoons raisins*  
*1/4 cup + 2 tablespoons chopped walnuts*  
*1/2 cup mayonnaise*  
*1 1/2 tablespoons cider vinegar*  
*1 tablespoon sugar*  
*1/8 teaspoon lemon juice*

In a bowl, combine the carrots, raisins and walnuts.

In a bowl, combine the mayonnaise, vinegar, sugar and lemon juice, stirring well. Add to the carrot mixture. Toss gently.

---

Per Serving (excluding unknown items): 317 Calories; 28g Fat (73.6% calories from fat); 3g Protein; 19g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 184mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	317
% Calories from Fat:	73.6%
% Calories from Carbohydrates:	22.5%
% Calories from Protein:	3.8%
Total Fat (g):	28g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	10mg
Carbohydrate (g):	19g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	184mg
Potassium (mg):	369mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	1/2

**Calcium (mg):** 35mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 21412IU  
**Vitamin A (r.e.):** 2148RE

**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 317 Calories from Fat: 234

### % Daily Values\*

<b>Total Fat</b>	28g	43%
Saturated Fat	4g	18%
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	184mg	8%
<b>Total Carbohydrates</b>	19g	6%
Dietary Fiber	3g	12%
<b>Protein</b>	3g	
<b>Vitamin A</b>		428%
<b>Vitamin C</b>		13%
<b>Calcium</b>		3%
<b>Iron</b>		5%

\* Percent Daily Values are based on a 2000 calorie diet.