



## Carrot Salad

*Servings: 8*

### Ingredients:

- 2/3 cup mayonnaise
- 2 TBSP Fresh Lemon Juice
- .5 TSP salt
- 1 TBSP sugar
- 4 cups of Grated Carrots
- 20 oz can of crushed pineapples (drained)
- 1 cup of raisins
- 1 cup of pecans coarsely chopped

### Preparation

1. In a medium bowl, add the grated carrots, drained pineapple, raisins, and pecans. Toss until well
2. combined.
3. In a small bowl add mayonnaise, lemon juice, salt, and sugar. Whisk until well combined.
4. Combine the mayonnaise mixture and the carrot mixture until well combined.

### Nutrition Information based on 1 serving:

Calories: 350	Total Fat: 25.5 g	Total Carbohydrate: 31.5 g	Dietary Fiber: 4 g
Protein: 3 g	Sodium: 317 mg	Calcium: 47 mg	Iron: 1 mg