



## Ensalada de Zanahorias y Pasas

### Ingredientes:

- 6 zanahorias medianas
- ¾ de taza de pasas
- 2 cucharadas de yogur simple o “plain” bajo en grasa  
(o mayonesa baja en grasa)
- 1 cucharada de jugo de naranja

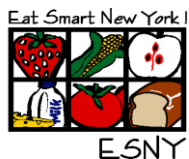
### Instrucciones:

1. Lave y restriegue las zanahorias con un cepillo para vegetales. Ralle las zanahorias usando un rallador.
2. En un recipiente grande, mezcle bien todos los ingredientes.
3. Ponga en el refrigerador hasta servir.

Nutrition Facts			
Serving Size: ½ cup (87g)			
Servings Per Recipe: 6			
Amount Per Serving			
Calories	80	Calories from Fat	5
% Daily Value *			
<b>Total Fat</b>	<b>0g</b>		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>50mg</b>		2%
<b>Total Carbohydrate</b>	<b>21g</b>		7%
Dietary Fiber	2g		8%
Sugars	14g		
<b>Protein</b>	<b>1g</b>		
Vitamin A	200%	Vitamin C	8%
Calcium	4%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<b>6.25% calories from fat</b>			

Rinde: 6 porciones

Fuente: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA’s Food Stamp Program and Expanded Food and Nutrition Education Program.

