

Carrot Ribbon Salad II

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Servings: 10

6 tablespoons mayonnaise
2 teaspoons lemon peel, finely shredded
5 tablespoons fresh lemon juice
1 tablespoon sugar
1 teaspoon fine sea salt
3/4 teaspoon finely ground black pepper
3 pounds carrots
1/2 cup raisins
1 small bunch green onions, sliced

Preparation Time: 30 minutes

For the dressing: In a large bowl, whisk together the mayonnaise, lemon peel, lemon juice, sugar, salt and pepper.

Using a vegetable peeler, shave the carrots into ribbons. Toss the carrots with the dressing, raisins and green onions. Season with salt to taste. Let the salad stand for 10 minutes or until the carrots slightly wilt before serving.

Toss frequently when serving to distribute the dressing.

The salad can be covered and chilled up to four hours before serving. Toss well before serving.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 140 Calories; 7g Fat (42.9% calories from fat); 2g Protein; 20g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 91mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	140	Vitamin B6 (mg):	.2mg
% Calories from Fat:	42.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	52.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	20mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	4g
Cholesterol (mg):	3mg
Carbohydrate (g):	20g
Dietary Fiber (g):	4g
Protein (g):	2g
Sodium (mg):	91mg
Potassium (mg):	463mg
Calcium (mg):	40mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	16mg
Vitamin A (i.u.):	34129IU
Vitamin A (r.e.):	3414RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	140	Calories from Fat: 60
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% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	3mg	1%
Sodium	91mg	4%
Total Carbohydrates	20g	7%
Dietary Fiber	4g	16%
Protein	2g	
Vitamin A		683%
Vitamin C		26%
Calcium		4%
Iron		5%

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