

Carrot-Radish Slaw

*Publix Family Style Magazine
February/March 2015*

Servings: 4

*1/4 cup lime juice
1 tablespoon seasoned rice vinegar
1 tablespoon packed brown sugar
1 tablespoon fresh ginger, minced
1 teaspoon salt
1 clove garlic, minced
1/8 teaspoon crushed red pepper
3 cups carrots, peeled and shredded
1 cup radish, thinly sliced
1/3 cup red onion, sliced*

Bake:

In a large bowl, stir together the lime juice, rice vinegar, brown sugar, ginger, salt, garlic and red pepper.

Add the carrots, radish and onion. Toss to coat.

Cover and chill for one to twenty-four hours before serving.

Per Serving (excluding unknown items): 72 Calories; trace Fat (4.1% calories from fat); 1g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 576mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	72
% Calories from Fat:	4.1%
% Calories from Carbohydrates:	88.7%
% Calories from Protein:	7.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	4g
Protein (g):	1g
Sodium (mg):	576mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	26mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Potassium (mg): 444mg
Calcium (mg): 45mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 21mg
Vitamin A (i.u.): 27131IU
Vitamin A (r.e.): 2712 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 72 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	576mg	24%
Total Carbohydrates	17g	6%
	Dietary Fiber 4g	15%
Protein	1g	

Vitamin A	543%
Vitamin C	36%
Calcium	4%
Iron	4%

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