

Carrot, Apple and Raisin Casserole

Rita Grennan

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

*3/4 Cup Raisins
1/4 Cup Honey
1/2 Teaspoon ground cinnamon
1/2 Teaspoon Salt
1 Lemon
1 Large Apple, Thinly sliced
3 Cups Carrots, Thinly sliced
Butter or margarine
Parsley, chopped*

Preheat the oven to 400 degrees.

In a large bowl, combine the raisins, honey, cinnamon and salt. Cut the lemon into halves and add the juice from one half lemon to the mixture in the bowl. Slice the remaining lemon half and set aside. Add the apples and carrots to the mixture and toss to mix well.

Spoon the mixture into a greased two-quart casserole. Arrange the sliced lemon over the top. Cover.

Bake for one hour or until the carrots are just tender.

Dot with butter and sprinkle with parsley immediately upon removing from the oven.

Serve.

Any leftover casserole may be refrigerated and served cold as a relish the next day.

Per Serving (excluding unknown items): 794 Calories; 2g Fat (1.9% calories from fat); 9g Protein; 209g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 1219mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Vegetable; 7 1/2 Fruit; 0 Fat; 3 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|------------------|-----|------------------|------|
| Calories (kcal): | 794 | Vitamin B6 (mg): | .9mg |
|------------------|-----|------------------|------|

| | |
|--------------------------------|-------------|
| % Calories from Fat: | 1.9% |
| % Calories from Carbohydrates: | 94.2% |
| % Calories from Protein: | 3.9% |
| Total Fat (g): | 2g |
| Saturated Fat (g): | trace |
| Monounsaturated Fat (g): | trace |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 209g |
| Dietary Fiber (g): | 21g |
| Protein (g): | 9g |
| Sodium (mg): | 1219mg |
| Potassium (mg): | 2346mg |
| Calcium (mg): | 207mg |
| Iron (mg): | 6mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 79mg |
| Vitamin A (i.u.): | 108600IU |
| Vitamin A (r.e.): | 10856 1/2RE |

| | |
|---------------------|-------|
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | .5mg |
| Riboflavin B2 (mg): | .4mg |
| Folacin (mcg): | 70mcg |
| Niacin (mg): | 5mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0 0% |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 7 1/2 |
| Fruit: | 7 1/2 |
| Non-Fat Milk: | 0 |
| Fat: | 0 |
| Other Carbohydrates: | 3 1/2 |

Nutrition Facts

Amount Per Serving

| | | |
|-----------------|-----|-----------------------|
| Calories | 794 | Calories from Fat: 15 |
|-----------------|-----|-----------------------|

% Daily Values*

| | | |
|----------------------------|--------|-------|
| Total Fat | 2g | 3% |
| Saturated Fat | trace | 2% |
| Cholesterol | 0mg | 0% |
| Sodium | 1219mg | 51% |
| Total Carbohydrates | 209g | 70% |
| Dietary Fiber | 21g | 84% |
| Protein | 9g | |
| Vitamin A | | 2172% |
| Vitamin C | | 131% |
| Calcium | | 21% |
| Iron | | 31% |

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