



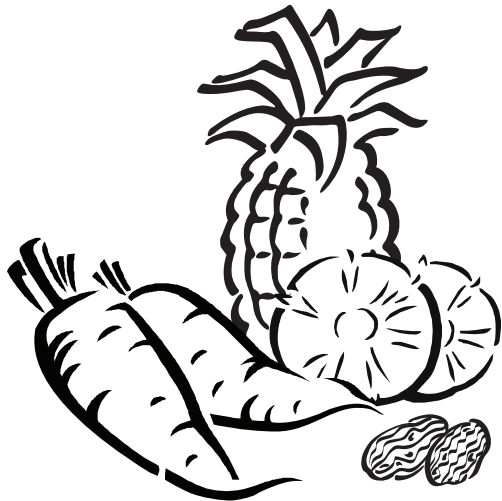
## Tropical Carrot, Pineapple and Raisin Salad

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

1½ cups carrot, finely grated  
1 small can pineapple, crushed  
½ cup raisins  
½ cup light mayonnaise

1. Wash hands and services.
2. Toss carrots and fruit together lightly.  
Add enough mayonnaise to moisten.
3. Chill, then serve on lettuce or cabbage.
4. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (99g)

Amount per serving

**Calories** 140

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 150mg 7%

**Total Carbohydrate** 21g 8%

Dietary Fiber 2g 7%

Total Sugars 16g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 0mg 0%

Potassium 248mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Helpful Tips

- Add cut apples, celery or nuts like walnuts.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- They learn from watching you — eat fruits and veggies and your kids will, too.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)