Curried Carrot Salad

Ingredients:

- 4 cups grated carrots
- 1/2 shallot, minced
- 4 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey
- 1 tablespoon curry powder
- 1/3 cup golden raisins
- 1/4 cup chopped pistachios
- Salt to taste

Directions

1. In a large bowl, combine shallots, mayonnaise, honey, curry powder, lemon juice, and salt.
2. Add grated carrots and raisins. Toss to coat.
3. Top with chopped pistachios and serve.

Nutrition Facts

Serving Size (112g)
Servings Per Container 6

Amount Per Serving

Calories 170	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 105mg	**4%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 2g	

Vitamin A 250% • Vitamin C 10%

Calcium 4% • Iron 4%

*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:	2,000	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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: thebuddhistchef.com