Shredded Carrot Salad

Ingredients:

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 1/2 teaspoon stevia (or sugar)
- 1 bag (10-ounces) shredded carrots, or shredded fresh carrots
- 1/2 cup dried cranberries
- 1 small red onion, chopped
- 1/2 cup slivered almonds, toasted

Directions

1. Combine olive oil, lemon juice, parsley, mustard, salt, and sugar in small bowl.
2. Combine carrots, cranberries, onion, and dressing in large bowl. Cover and refrigerate 2 hours. Stir in almonds before serving.

Nutrition Facts

Serving Size (96g)
Servings Per Container 6

Amount Per Serving

Calories 190	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 380mg	**16%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 3g	**12%**
Sugars 10g	
Protein 3g	

Vitamin A 160% • 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: foodnetwork.com