# **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	0 Calor	ries from	Fat 120
		% Da	aily Value*
Total Fat 14g			<b>22</b> %
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 380mg			16%
Total Carbohydrate 16g			5%
Dietary Fiber 3g			12%
Sugars 10	)g		
Protein 3g	<u> </u>		
Vitamin A 160% • Vitamin C 10%			
Calcium 4%	•	lron 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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per grar Fat 9 + 0	n: Carbohydrate	e 4 • Prote	ein 4

