



Cornell University Cooperative Extension

9/28

Carrot Confetti Salad

Ingredients:

3 large carrots (2 cups grated)

1/4 pound red cabbage (1 cup grated)

2 tablespoons vinegar

2 tablespoons vegetable oil

1/2 teaspoon sugar

1/2 teaspoon mustard

1/4 teaspoon salt

dash of pepper

Directions:

1. Peel and grate carrots.
2. Wash and grate red cabbage.
3. In large bowl, combine carrots and cabbage.
4. In small bowl, combine remaining ingredients to make dressing.
5. Mix dressing with carrots and cabbage.

Yields about 6 servings

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

Nutrition Facts			
Serving Size 1/6 recipe (2.1 ounces)			
Servings Per Recipe 6			
Amount Per Serving			
Calories	60	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	125mg		5%
Total Carbohydrate	5g		2%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	1g		
Vitamin A	130%	Vitamin C	15%
Calcium	2%	Iron	2%
* 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:	2000	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
66.7% calories from fat			

Eat Smart New York!



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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