# Apple Salad

**Servings:** 6
**Serving Size:** ½ cup

**Ingredients:**
1 apple, washed and diced
1 teaspoon lemon juice
1 stalk celery, washed and diced
2 medium carrots washed and grated
½ cup raisins
½ to ¾ cup low fat vanilla yogurt

**Directions:**
1. Wash apples, celery, and carrots before dicing and grating.
2. Toss apples with lemon juice.
3. Add celery, carrot, and raisins.
4. Fold yogurt into mixture.
5. Cover. Chill for at least one hour before serving.
6. Refrigerate leftovers.

## Nutrition Facts

Serving Size 1/2 cup (82g)
Servings Per Container 6

**Amount Per Serving**

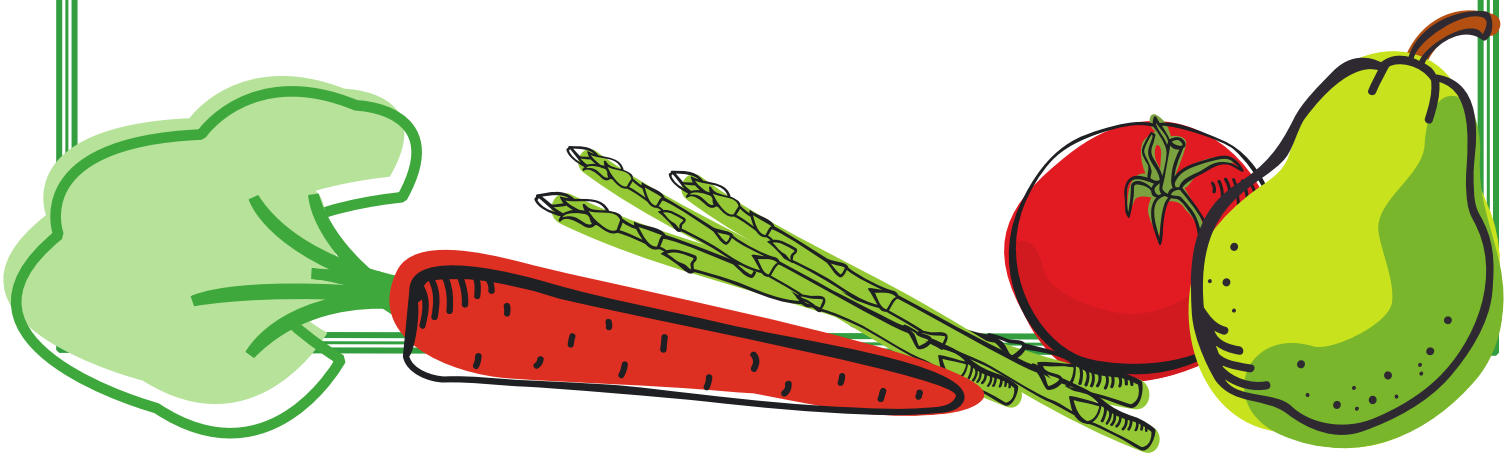
| | |
|---|---|
| **Calories** 80 | Calories from Fat 5 |
| | **% Daily Value*** |
| **Total Fat** 0g | **0%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 40mg | **2%** |
| **Total Carbohydrate** 18g | **6%** |
| Dietary Fiber 2g | **8%** |
| Sugars 16g | |
| **Protein** 2g | |

| | |
|---|---|
| Vitamin A 35% | • Vitamin C 4% |
| Calcium 6% | • 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: | 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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