

# MOROCCAN CARROT SALAD

## Nutrition Facts

8 Servings

Amount Per Serving: ½ pint

<b>Calories</b>	88.0
<b>Total Fat</b>	7.3 g
Saturated Fat	1.0 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	5.1 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	615.7 mg
<b>Potassium</b>	176.8 mg
<b>Total Carbohydrate</b>	6.6 g
Dietary Fiber	2.0 g
Sugars	2.3 g
<b>Protein</b>	0.7 g
Vitamin A	201.1 %
Vitamin B-12	0.0 %
Vitamin B-6	6.5 %
Vitamin C	13.9 %
Vitamin D	0.0 %
Vitamin E	1.4 %
Calcium	2.6 %
Copper	1.3 %
Folate	2.7 %
Iron	3.9 %
Magnesium	2.4 %
Manganese	6.7 %
Niacin	2.5 %
Pantothenic Acid	1.7 %
Phosphorus	2.4 %
Riboflavin	2.3 %
Selenium	0.9 %
Thiamin	3.4 %
Zinc	1.3 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.