

Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-04

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded coarsely	3 lb 4 oz	3 qt 3 ½ cups	6 lb 8 oz	1 gal 3 ¾ qt	1. Place carrots and raisins in large bowl.
Raisins	1 lb 8 oz	1 qt ½ cup	3 lb	2 qt 1 cup	
Instant nonfat dry milk, reconstituted		½ cup		1 cup	2. In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb OR 1 lb	2 cups OR 2 cups	2 lb OR 2 lb	1 qt OR 1 qt	
Salt		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
Frozen lemon juice concentrate, reconstituted (optional)		2 Tbsp		¼ cup	
					3. Pour dressing over carrots and raisins. Mix lightly. Spread 6 lb (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
					5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Carrots	4 lb	8 lb

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	50 Servings: 6 lb	50 Servings: about 3 quarts 1 cup 1 pan

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100 Servings: 12 lb		100 Servings: about 1 gallon 2 ½ quarts 2 pans
Edited 2006		

Nutrients Per Serving					
Calories	78	Saturated Fat	0.31 g	Iron	0.49 mg
Protein	0.90 g	Cholesterol	4 mg	Calcium	18 mg
Carbohydrate	15.92 g	Vitamin A	8299 IU	Sodium	117 mg
Total Fat	1.84 g	Vitamin C	3.2 mg	Dietary Fiber	1.5 g