



## Carrot Raisin Salad

Carrot Raisin Salad is a favorite springtime recipe packed with fresh carrots, canned pineapple tidbits, fresh green apples, raisins, and shredded coconut. Yummy!

### CACFP Adult Portion Crediting Information

$\frac{3}{4}$  cup (6 oz spoodle) provides  $\frac{1}{2}$  cup vegetable ( $\frac{1}{2}$  cup red/orange vegetable) and  $\frac{1}{4}$  cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Low-fat yogurt, plain	1 lb 4 oz	2 $\frac{1}{2}$ cups	2 lb 8 oz	1 qt 1 cup	<b>1 Dressing:</b> Combine yogurt, mayonnaise, salt, nutmeg, vinegar, and honey in a medium bowl. Stir well. Set aside for step 3.
Low-fat mayonnaise	8 oz	$\frac{3}{4}$ cup	1 lb	1 $\frac{1}{2}$ cups	
Salt		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Ground nutmeg		$\frac{1}{2}$ tsp		1 tsp	
Apple cider vinegar		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Honey		1 cup		2 cups	
*Fresh carrots, finely diced	3 lb 2 oz	3 qt 1 ½ cups	6 lb 4 oz	1 gal 2 qt 3 cups	<b>2</b> Combine carrots, pineapple tidbits, apples, and raisins in a large bowl. Toss lightly.
Canned pineapple tidbits in 100% juice, drained	1 lb 15 oz	1 qt (approx. ½ No. 10 can)	3 lb 14 oz	2 qt (approx. 1 No. 10 can)	
*Fresh green apples, cored, diced, unpeeled	1 lb	1 qt	2 lb	2 qt	
Golden Raisins	9 ½ oz	1 ½ cups	1 lb 3 oz	3 cups	
					<b>3</b> Pour 2 lb 8 oz (1 qt 1 cup) dressing over 6 lb 10 oz (1 gal 1 qt 1 cup) vegetable mixture. Stir well.
					<b>4</b> Transfer 9 lb (1 gal 1 qt) carrot-raisin salad to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Coconut, shredded	2 oz	⅔ cup	4 oz	1 ⅓ cups	<b>5</b> Garnish with coconut.
					<b>6</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
					<b>7</b> Critical Control Point: Hold at 40 °F or below.
					<b>8</b> Portion with a 6 oz spoodle (¾ cup).

**NUTRITION INFORMATION**

For ¾ cup (6 oz spoodle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>194</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>204 mg</b>
<b>Total Carbohydrate</b>	<b>41 g</b>
Dietary Fiber	3 g
Total Sugars	33 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin A	507 mcg RAE
Vitamin C	8 mg
Vitamin D	0 IU
Calcium	54 mg
Iron	1 mg
Potassium	198 mg
N/A = data not available	

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Fresh Carrots	3 lb 2 oz	6 lb 4 oz
Fresh Green Apples	1 lb 2 oz	2 lb 4 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

25 Servings	50 Servings
About 9 lb	About 18 lb
About 1 gal 1 qt/1 steam table pan (12" x 20" x 2 ½")	About 2 gal 2 qt/2 steam table pans (12" x 20" x 2 ½")

**SOURCE:**

CACFP Adult Portion Recipe Project