

# Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh carrots, coarsely shredded	1 lb 10 oz	1 qt 3 ⅔ cups	3 lb 4 oz	3 qt 3 ⅓ cups	<ol style="list-style-type: none"> <li>Place carrots and raisins in large bowl.</li> <li>Dressing: In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).</li> <li>Pour dressing over carrots and raisins. Mix lightly. Spread 3 lb (approximately 1 qt 2 ½ cups) in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>CCP: Refrigerate within 1 hour. Hold at 40° F or colder  Cover. Refrigerate until ready to serve.</li> <li>Mix lightly before serving.</li> </ol> <p>Portion with No. 16 scoop (¼ cup).</p>
Raisins	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Instant nonfat dry milk, reconstituted		¼ cup		½ cup	
Reduced calorie salad dressing	8 oz	1 cup	1 lb	2 cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups	
Salt		¼ tsp		½ tsp	
Ground nutmeg (optional)		¼ tsp		½ tsp	
Lemon juice (optional)		1 Tbsp		2 Tbsp	

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	2 lb	4 lb

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	<b>25 Servings:</b> 3 lb	<b>25 Servings:</b> 1 quart 2 ½ cups 1 pan

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**50 Servings:** 6 lb

**50 Servings:** 3 quarts 1 cup  
2 pans

Edited 2014

## Nutrients Per Serving

<b>Calories</b>	78	<b>Saturated Fat</b>	0.31 g	<b>Iron</b>	0.49 mg
<b>Protein</b>	0.88 g	<b>Cholesterol</b>	4 mg	<b>Calcium</b>	18 mg
<b>Carbohydrate</b>	15.91 g	<b>Vitamin A</b>	8301 IU	<b>Sodium</b>	117 mg
<b>Total Fat</b>	1.84 g	<b>Vitamin C</b>	3.2 mg	<b>Dietary Fiber</b>	1.5 g