



# Carrot Raisin Salad

## USDA Recipe for CACFP

Our Carrot Raisin Salad is sure to please with carrots, pineapple, apples, and raisins all in a yogurt-based dressing.

### CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ¼ cup vegetable and ¼ cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, low-fat, plain	1 lb 4 oz	2½ cups	2 lb 8 oz	1 qt 1 cup	<p><b>1</b> Dressing: Combine yogurt, mayonnaise, salt, nutmeg, vinegar, and honey in a medium bowl. Stir well. Set aside for step 3.</p> <p><b>2</b> Combine carrots, pineapple tidbits, apples, and raisins in a large bowl. Toss lightly. Set aside for step 3.</p> <p><b>3</b> Pour 1 qt (about 2 lb 8 oz) dressing over 2 qt 3 cups (about 3 lb 6 oz) vegetable mixture. Stir well.</p> <p><b>4</b> Transfer 2 qt 3 cups (about 5 lb 11 oz) carrot raisin salad to a steam table pan (12" x 20" x 2½").</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Mayonnaise, low-fat	8 oz	¾ cup	1 lb	1½ cups	
Salt		¾ tsp		1½ tsp	
Nutmeg, ground		½ tsp		1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Apple cider vinegar		1/3 cup 2 tsp		2/3 cup 1 Tbsp 1 tsp	<b>5</b> Garnish with coconut.
Honey		1 cup		2 cup	<b>6</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Carrots, fresh, shredded coarsely	1 lb 10 oz	3 3/4 cups 1 Tbsp 2 1/4 tsp	3 lb 4 oz	1 qt 3 1/2 cups 3 Tbsp 1 1/2 tsp	<b>7</b> Critical Control Point: Hold at 40 °F or below.
Pineapple tidbits, canned, in 100% juice, drained	1 lb 15 oz	3 3/4 cups 2 Tbsp (1/2 No. 10 can)	3 lb 14 oz	1 qt 3 3/4 cups (1 No. 10 can)	<b>8</b> Portion with No. 8 scoop (1/2 cup).
*Green apples, fresh, cored, diced, unpeeled	1 lb	3 2/3 cups	2 lb	1 qt 3 1/3 cups	
Golden raisins	9 1/2 oz	1 1/4 cups 1 1/8 tsp	1 lb 3 oz	2 1/2 cups 2 1/4 tsp	
Coconut, shredded	2 oz	2/3 cup	4 oz	1 1/3 cups	



**NUTRITION INFORMATION**

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>170</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	4 mg
<b>Sodium</b>	<b>196 mg</b>
<b>Total Carbohydrate</b>	<b>36 g</b>
Dietary Fiber	2 g
Total Sugars	29 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
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Vitamin D	0 IU
Calcium	61 mg
Iron	1 mg
Potassium	164 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Carrots	1 lb 10 oz	3 lb 4 oz
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 #1: No Cook.

**YIELD/VOLUME**

25 Servings	50 Servings
About 5 lb 11 oz	About 11 lb 6 oz
About 2 qt 3 1/3 cups/1 steam table pan (12" x 20" x 2 1/2")	About 1 gal 1 qt 2 3/4 cups/2 steam table pans (12" x 20" x 2 1/2")

