

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 7 oz	1 qt 2 cups	2 lb 14 oz	3 qt	1. Place carrots and raisins in large bowl.
Raisins	12 oz	2 1/4 cups	1 lb 7 oz	1 qt 1/2 cup	
Reconstituted instant nonfat dry milk		1/4 cup		1/2 cup	2. Combine milk, mayonnaise or salad dressing, salt, nutmeg (optional), and lemon juice (optional).
Mayonnaise or salad dressing	8 oz	1 cup	1 lb	2 cups	
Salt		1/4 tsp		1/2 tsp	3. Pour dressing over carrots and raisins. Mix lightly.
Ground nutmeg (optional)		1/4 tsp		1/2 tsp	
Lemon juice (optional)		1 Tbsp		2 Tbsp	4. Cover. Refrigerate until ready to serve.
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Carrots	2 lb 1 oz	4 lb 2 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable and fruit	25 Servings: 1 qt 2 1/2 cups (approximately)	25 Servings:
	50 Servings: 3 qt 1 cup (approximately)	50 Servings:

Nutrients Per Serving

Calories	117	Saturated Fat	1.1 g	Iron	.5 mg
Protein	1 g	Cholesterol	6 mg	Calcium	18 mg
Carbohydrate	13 g	Vitamin A	746 RE/7403 IU	Sodium	87 mg
Total Fat	7.4 g	Vitamin C	3 mg	Dietary Fiber	1 g