

# Carrot Apple Raisin Salad - CACFP

## GENERAL INFORMATION

Recipe #	Category	Source
1687844	Vegetables 	Local

## INGREDIENTS

Name	Quantity	+	Quantity 2
<b>Apples, raw, with skin (Includes foods for USDA's Food Distribution Program)</b>	1 lbs.		
<b>Carrots, raw</b>	1 lbs., 12 oz. shredded		
<b>California Seedless Raisins</b>	13 ¼ oz.		
<b>Apple juice, canned or bottled, unsweetened, without added ascorbic acid</b>	¼ c.		
<b>Lemon juice, raw</b>	1 tbsp.		
<b>Salt, table</b>	¼ tsp.		
<b>Honey</b>	1 ½ tsp.		
<b>Spices, cinnamon, ground</b>	¼ tsp.		

## PREPARATION INSTRUCTIONS

**HACCP Process:** #1 - No Cook

1. Wash Produce
2. Dice apples and place in water with 1 tsp lemon juice to keep apples from browning.
3. Peel and grate carrots.
4. Drain apples and combine all ingredients in a large bowl and mix well. Stir in honey and cinnamon. Hold in the refrigerator until ready to serve. Serve cold in salad bowls

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: \* Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. \* Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

**CORRECTIVE ACTION COLD FOOD:** Any food item being served cold must be maintained at or below 41. In the event the temperature of the cold item rises above 41 it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 or below.



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Serving Size	Yield
0.5 Cup	25.00

## Nutrition Facts

Serving Size 0.5 Cup (68 gm)

Amount Per Serving	
<b>Calories</b>	<b>68.880</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.112 gm	<b>0.172 %</b>
<b>Saturated Fat</b> 0.016 gm	<b>0.081 %</b>
<b>Trans Fat</b> 0.000* gm	
<b>Cholesterol</b> 0.000 mg	
<b>Sodium</b> 49.520 mg	<b>2.063 %</b>
<b>Total Carbohydrate</b>	<b>18.180 gm 6.06 %</b>
<b>Dietary Fiber</b> 2.141 gm	<b>8.564 %</b>
<b>Total Sugars</b> 13.938 gm	
<b>Includes 0.000* of Added Sugars</b>	
<b>Protein</b> 0.747 gm	<b>1.494 %</b>
Vitamin A 5,314.336* iu	<b>106.287 %</b>
Vitamin C 2.969* mg	<b>4.949 %</b>
Vitamin D 0.000 mcg	
Calcium 21.252 mg	<b>2.125 %</b>
Iron 0.522 mg	<b>2.901 %</b>
Potassium 235.939 mg	<b>5.02 %</b>
<b>Saturated Fat % of Calories 0.211%</b>	

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Meal Components

Component	Measurement
Red/Orange	0.25 cups

**MY SCHOOL MENUS**

Fruits

0.25 cups

**IN USE AS A SUB RECIPE**

**MENUS USING THIS RECIPE**

**DATES**

**Last Updated**

01-22-2025

**Created**

10-02-2024