

Jicama Slaw - CACFP



GENERAL INFORMATION

Recipe #	Category	Source
1691210	Vegetables	Local

INGREDIENTS

Name	Quantity	+	Quantity 2
Yambean (jicama), raw	8 ¼ oz.		
Peppers, sweet, green, raw	3 ¾ oz.		
Peppers, jalapeno, raw	1 tbsp. sliced		
Carrots, raw	3 ¾ oz. shredded		
Salt, table	¼ tsp.		
Spices, mustard seed, ground	⅝ tsp.		
Garlic, raw	1 ⅞ tsp.		
Vegetable oil, palm kernel	1 tbsp.		
Vinegar, cider	1 tbsp., ½ tsp.		
Lime juice, raw	1 tbsp.		
Beverages, Orange juice, light, No pulp	⅔ fl oz		
Honey	¾ tsp.		
Coriander (cilantro) leaves, raw	3 tbsp., 2 ⅝ tsp.		
Spices, pepper, black	< ⅓ tsp. ground		

PREPARATION INSTRUCTIONS

HACCP Process: #1 - No Cook

1. Wash produce. Peel jicama with a vegetable peeler. Deseed and devein peppers.
2. Julienne jicama and peppers, shred carrots (if they are whole), and mince cilantro
3. In a large bowl, combine all ingredients until incorporated. Refrigerate for at least 30 minutes before serving.

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.



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Serving Size	Yield
0.5 cup	6

Nutrition Facts

Serving Size 0.5 cup (85 gm)			
Amount Per Serving			
Calories			50.837
% Daily Value*			
Total Fat	2.430 gm		3.738 %
Saturated Fat	1.857 gm		9.287 %
Trans Fat	0.000* gm		
Cholesterol	0.000 mg		
Sodium	106.838 mg		4.452 %
Total Carbohydrate	7.184 gm		2.395 %
Dietary Fiber	2.706 gm		10.824 %
Total Sugars	2.768 gm		
Includes N/A* of Added Sugars			
Protein	0.711 gm		1.422 %
Vitamin A, RAE	N/A* mcg		
Vitamin C	24.696 mg		41.16 %
Vitamin D	0.000 mcg		
Calcium	14.789 mg		1.479 %
Iron	0.394 mg		2.187 %
Potassium	158.505 mg		3.372 %
Saturated Fat % of Calories			32.883%

* 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	0.125 cups

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 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

Starchy	0.25 cups
Other Vegetables	0.125 cups

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated	Created
02-12-2025	10-09-2024