

# Carrot Raisin salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55307

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK	16 Cup		198161
RAISIN SELECT	2 Cup		105686
PINEAPPLE TIDBITS IN JCE	1 Cup		509221
YOGURT VAN L/F PARFPR	3 Cup		811500

## Preparation Instructions

In a large mixing bowl, combine carrots, raisins, and pineapple tidbits. ( save the juice from the pineapple)

In a separate bowl, whisk together the vanilla yogurt and 1 cup of pineapple juice until smooth.

Pour yogurt dressing over carrot mixture. Stir gently until evenly coated.

Cover and refrigerate at least 2 hours (or overnight) to allow flavors to blend and marinate.

Serve ½ cup portion per student.

AP: 9/18/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.130
<b>Grain</b>	0.000
<b>Fruit</b>	0.020
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.750
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	65.32
<b>Fat</b>	0.09g
<b>Saturated Fat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.45mg
<b>Sodium</b>	60.12mg
<b>Carbohydrates</b>	15.68g
<b>Fiber</b>	2.62g
<b>Total Sugar</b>	10.46g
<b>Added Sugar</b>	1.52g
<b>Protein</b>	1.28g
<b>Vitamin A</b> 12189.45mcg RAE	<b>Vitamin C</b> 4.44mg
<b>Calcium</b> 44.28mg	<b>Iron</b> 0.34mg

## Nutrition - Per 100g

<b>Calories</b>	75.78
<b>Fat</b>	0.10g
<b>Saturated Fat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.52mg
<b>Sodium</b>	69.76mg
<b>Carbohydrates</b>	18.20g
<b>Fiber</b>	3.04g
<b>Total Sugar</b>	12.14g
<b>Added Sugar</b>	1.77g
<b>Protein</b>	1.49g
<b>Vitamin A</b> 14142.53mcg RAE	<b>Vitamin C</b> 5.15mg
<b>Calcium</b> 51.38mg	<b>Iron</b> 0.40mg