

# Sweet Potato Apple Salad

<b>Servings:</b>	75.00	<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-55311

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT RSTD FZ	15 Pound	Thaw day before	241436
CARROT MATCHSTICK	20 Cup		198161
1x40 LB APPLE FUJI 125-138CT 40 COMM	20 Each	Core and dice in bite size pieces	355033
RAISIN SELECT	5 Cup		105686
SPICE CINN-MAPL SPRINKLE	1/2 Cup		565911

## Preparation Instructions

Add Thawed diced sweet potatoes, diced apples, shredded carrots, and raisins in a bowl.

Gently toss all ingredients together until everything is evenly coated W/ Cinnamon Maple Seasoning.

AP: 9/18/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<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: 75.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	84.12**
<b>Fat</b>	0.40g**
<b>Saturated Fat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	66.60mg**
<b>Carbohydrates</b>	19.84g**
<b>Fiber</b>	2.60g**
<b>Total Sugar</b>	13.19g**
<b>Added Sugar</b>	1.48g**
<b>Protein</b>	1.05g**
<b>Vitamin A</b> 10145.19mcg RAE**	<b>Vitamin C</b> 3.70mg**
<b>Calcium</b> 33.15mg**	<b>Iron</b> 0.39mg**

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	55.64**
<b>Fat</b>	0.26g**
<b>Saturated Fat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	44.05mg**
<b>Carbohydrates</b>	13.12g**
<b>Fiber</b>	1.72g**
<b>Total Sugar</b>	8.72g**
<b>Added Sugar</b>	0.98g**
<b>Protein</b>	0.69g**
<b>Vitamin A</b> 6709.78mcg RAE**	<b>Vitamin C</b> 2.45mg**
<b>Calcium</b> 21.93mg**	<b>Iron</b> 0.26mg**

\*\*One or more nutritional components are missing from at least one item on this recipe.