

WI Dept of Public Instruction

Recipe: 003811 CARROT RAISIN SALAD

Recipe HACCP Process: #1 No Cook

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1/4 CUP

011124 CARROTS,RAW..... 050381 RAISINS, SEEDLESS, REGULAR MOISTURE... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 903641 MAYONNAISE LIGHT..... 019335 SUGARS,GRANULATED.....	3 1/4 LB 1 1/2 LB 1/2 CUP 2 CUP 1 TBSP	*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODUCTS USED
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*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	86 kcal	Cholesterol	3.32 mg	Protein	0.85 g	Calcium	20.23 mg	34.88%	Calories from Total Fat
Total Fat	3.33 g	Sodium	87.49 mg	Vitamin A	835.03 RE	Iron	0.38 mg	5.68%	Calories from Saturated Fat
Saturated Fat	0.54 g	Carbohydrates	14.72 g	Vitamin A	4982.37 IU	Water ¹	*28.23* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.33 g	Vitamin C	2.05 mg	Ash ¹	*0.30* g	68.54%	Calories from Carbohydrates
								3.98%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
Moisture & Fat Change				
Moisture Change.	0%			
Fat Change.....	0%			
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011124	CARROTS,RAW			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Recipe

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I	050381	RAISINS, SEEDLESS, REGULAR MOISTURE			
I	001082	MILK, LOWFAT, FLUID, 1% MILKFAT, W/ VIT A			
I	903641	MAYONNAISE LIGHT			
I	019335	SUGARS, GRANULATED			

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