



Carrot & Raisin Salad





Carrot & Raisin Salad

Recipe Items:	1 Portion	5 Portions
PE Carrot (PE#21734)	#16 Scoop (60 gm)	300 gm (10.6 oz)
Mayonnaise	1 tsp (5 ml)	25 ml (0.9 fl oz)
Puree Prunes	1 Tbsp (15 ml)	75 ml (2.75 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Cold Service - Keep Purée Essentials food cold prior to service, below 4° C or 40° F.



2. Combine #16 scoop (60 gm) of PE Carrot Mousse with 1 teaspoon (5 ml) of Mayonnaise, mix well.

Place mixture into a serving nappy or small bowl using a scoop, spread slightly in dish.



3. Add drops (or drizzle) the 1 Tablespoon (15 ml) of pureed Prunes over the top of the Carrot Mousse.

Cold Service - If serving cold; keep Purée Essentials food temperatures below 4° C or 40° F.



Optional - garnish with Spinach for colour as desired (spinach is not included in nutritional analysis).

Nutrition Facts Valeur nutritive

Per 1 salad (79g) / par 1 salad (79g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 100	
Fat / Lipides 3.5g	6%
Saturated / satures 0g	
+ Trans / trans 0g	2%
Cholesterol / Cholesterol 0mg	
Sodium / Sodium 210mg	9%
Carbohydrate / Glucides 10g	3%
Fibre / Fibres less than 1g	4%
Sugars / Sucres 6g	
Protein / Protéines 6g	
Vitamin A / Vitamine A	13%
Vitamin C / Vitamine C	2%
Calcium / Calcium	2%
Iron / Fer	8%

Variations:

Add protein or other vegetable combinations. Other dressings/toppings can also be considered.

