



# Carrot Salad Recipe





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Recipe Items:	1 Portion	5 Portions
PE Carrot (PE#21734)	#24 scoop (40 gm)	200 gm (7.1 oz)
PE Corn (PE# 21752)	2 Tbsp (30 ml)	150 gm (5.4 oz)
Vinaigrette Dressing	1 Tbsp (15 ml)	75 ml (2.6 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 Puree Essentials food cold prior to service, below 4° C or 40° F.



2. Plate the #24 scoop (40 gm) of carrot mousse. Break apart the carrot with a spoon or scoop to alter the rounded scoop form.



3. Using a spoon, evenly cover the carrot mousse with small mounds of the 2 Tbsp (30 ml) of corn mousse.



4. Drizzle the 1 Tbsp (15 ml) of vinaigrette dressing over the salad.



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

Cold Service - keep Puree Essentials food temperatures cold, below 4° C or 40° F.

**Variations:** add protein or other vegetable combinations. Other dressings/toppings can also be considered.

Nutrition Facts	
Valeur nutritive	
Per 1 salad (84g) / par 1 salad (84g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	120
<b>Fat / Lipides</b> 7g	<b>10%</b>
Saturated / satures 1g	
+ Trans / trans 0g	<b>4%</b>
<b>Cholesterol / Cholesterol</b>	0mg
<b>Sodium / Sodium</b> 390mg	<b>16%</b>
<b>Carbohydrate / Glucides</b> 10g	<b>3%</b>
Fibre / Fibres less than 1g	<b>3%</b>
Sugars / Sucres 3g	
<b>Protein / Proteines</b>	5g
Vitamin A / Vitamine A	8%
Vitamin C / Vitamine C	2%
Calcium / Calcium	2%
Iron / Fer	8%

