



Recipe Production

Recipe Number: FS037

Recipe Name: MOROCCAN CARROT SALAD

Hot: No

Recipe Source: Washington State Schools

HACCP Process Category:

No Cook

Serving Description: 3 oz weight or 2/3 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	2/3 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9560	CARROT LOOSE 25 LB	18	Pound			(Unassigned)
2005	CRANBERRIES DRIED 5 LB	2	Pound			(Unassigned)
1353	JUICE OJ BORDEN 4 OZ	4	Tbsp	1 1/8	tsp	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	1	Cup			(Unassigned)
1011	SALT KOSHER 12/3 LB	2	TBSP			(Unassigned)
1027	SUGAR BRN LGT 16/2 LB	2	Ounce	14 1/8	Gram	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	3/4	Cup			(Unassigned)
1044	SPICE CINNAMON GRD	1	Tbsp	1	tsp	(Unassigned)
2600	CILANTRO 6 CT	2	Ounce			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Washington States Schools "Scratch Cooking" Recipe Book
Carrots yield 83%

Preparation Instructions

Shred carrots.
Chop cilantro.
Whisk together juice, sugar, salt, pepper, cinnamon, and oil.
Mix all ingredients together.

Serving Instructions



Recipe Production

Recipe Number: FS037

Recipe Name: MOROCCAN CARROT SALAD

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	7,407.1703	87.1272	74.0717		
Saturated Fat	g	25.1391	0.2957	0.2514	3.05	
Sodium	mg	14,082.9260	165.6511	140.8293		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	201.6485	2.3719	2.0165	24.50	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,502.9226	17.6782	15.0292	81.16	
Total Dietary Fiber	g	241.1297	2.8363	2.4113		
Protein	g	64.8669	0.7630	0.6487	3.50	
Vitamin A (RE)	RE	190,672.4467	2,242.7939	1,906.7245		
Vitamin A (IU)	IU	1,139,469.9464	13,403.0705	11,394.6995		
Vitamin C	mg	501.4134	5.8979	5.0141		
Calcium	mg	3,139.6342	36.9301	31.3963		
Iron	mg	27.0180	0.3178	0.2702		
Moisture	g	5,985.3186	70.4026	59.8532		*
Ash	g	90.3801	1.0631	0.9038		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
9560	CARROT LOOSE 25 LB	1.00	(Unassigned)	18	0.00	LB	/
2005	CRANBERRIES DRIED 5 LB	1.00	(Unassigned)	2	0.00	LB	/
1353	JUICE OJ BORDEN 4 OZ	1.00	(Unassigned)	2	0.19	CARTON (4 O	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.25	CONT (32 FL	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.02	BOX (3 LB)	/
1027	SUGAR BRN LGT 16/2 LB	1.00	(Unassigned)	0	0.08	BAG (2 LB)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (/
1044	SPICE CINNAMON GRD	1.00	(Unassigned)	0	0.37	OZ	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	0	0.71	BUNCH	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: