



Recipe Production

Recipe Number: HK2232

Recipe Name: Spicy Carrot Salad

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2510	JALAPENO SLICED 6/10	2	Quart			(Unassigned)
9538	ONION YELLOW JMB 50 LB	12	Cup, finely diced 1/			(Unassigned)
9014	CARROT COMM FRZ 30 LB	1	Pound	2	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp			(Unassigned)
1049	SPICE OREGANO BULK 5 LB	1	Tbsp	1	tsp	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1	Cup			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

Preparation Instructions

- 1) Steam carrots for 6 - 8 minutes or until carrots are tender - crisp. CCP - Minimum internal temperature should be 140 degrees F. or above.
 - 2) While still warm, add jalapenos, onions, salt, oregano and oil. Toss to combine. Refrigerate overnight to allow flavors to meld. CCP - Cool quickly (per HACCP) to internal temperature of 40 degrees F. or below for use.
- NOTE: If using fresh whole carrots:
- 1) Trim and peel carrots and cut into 1/2 inch coins on the bias. Steam for 10 to 12 minutes or until carrots are tender - crisp. CCP - Minimum internal temperature should be 140 degrees F. or above.
 - 2) While still warm, add jalapenos, onions, salt, oregano and oil. Toss to combine. Refrigerate overnight to allow flavors to meld. CCP - Cool quickly (per HACCP) to internal temperature of 40 degrees F. or below for use.
- Cold Hold: Hold at < = 40.00 °F

Serving Instructions

Cold Hold: Hold at < = 40.00 °F



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	2,957.9865	91.8772	29.5799		
Saturated Fat	g	31.8119	0.9881	0.3181	9.68	
Sodium	mg	25,565.2446	794.0750	255.6524		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	230.2619	7.1521	2.3026	70.06	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	225.7385	7.0116	2.2574	30.53	
Total Dietary Fiber	g	71.6468	2.2254	0.7165		
Protein	g	29.8190	0.9262	0.2982	4.03	
Vitamin A (RE)	RE	12,758.4857	396.2878	127.5849		
Vitamin A (IU)	IU	91,159.7014	2,831.4863	911.5970		
Vitamin C	mg	223.8422	6.9527	2.2384		
Calcium	mg	872.8129	27.1102	8.7281		
Iron	mg	29.5164	0.9168	0.2952		
Moisture	g	2,657.0662	82.5304	26.5707		
Ash	g	76.6660	2.3813	0.7667		

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2510	JALAPENO SLICED 6/10	1.00	(Unassigned)	0	0.36	CAN (106 OZ)	/
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	3	0.04	LB	/
9014	CARROT COMM FRZ 30 LB	1.00	(Unassigned)	1	0.12	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1049	SPICE OREGANO BULK 5 LB	1.00	(Unassigned)	0	0.02	LB	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: