

Coleslaw

Component: Vegetable

Recipe Category: Salad

Recipe #E-09

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cabbage, finely chopped	3 lb 11 oz	1 gal 2 qt			<p>1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.</p> <p>2. If serving to children under 3 years of age, finely chop all ingredients to 1/8-inch size or less.</p> <p>3. Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.</p> <p>4. Pour dressing over vegetables. Mix thoroughly.</p> <p>5. Spread into pan(s) (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>6. Cover. Refrigerate until ready to serve.</p> <p>7. CCP: Refrigerate within 1 hour.</p> <p>8. CCP: Cool to 41° F or lower within 4 hours.</p> <p>9. CCP: Hold at 41° F or colder.</p> <p>10. Mix lightly before serving.</p>
*Fresh carrots, finely shredded	6 oz	1 ¾ cups			
*Fresh green pepper, chopped (optional)	2 ½ oz	½ cup			
Reduced calorie salad dressing	14 oz	1 ¾ cups			
OR Reduced fat mayonnaise	14 oz	1 ¾ cups			
Sugar		2 Tbsp			
Celery seed, ground		2 tsp			
Dry mustard		1 tsp			
White vinegar		2 Tbsp			

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Notes:

- 1) For best results, shred cabbage and store overnight; add dressing just before serving.
- 2) If recipe is prepared in advance, the yield will be reduced.
- 3) Nutrients calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Cabbage	4 lb 12 oz	
Carrots	8 oz	
Green peppers	4 oz	

Serving: ¼ cup (No. 16 scoop) provides ¼ cup of vegetable

1-2 years: ⅛ cup (**only serve to this group if all ingredients are finely chopped to ⅛- inch or less**)

3-5 years: ¼ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	42.85	Saturated Fat	0.47 g	Iron	0.22 mg
Protein	0.54 g	Cholesterol	2.77 mg	Calcium	15.86 mg
Carbohydrate	2.92 g	Vitamin A	31.61 RAE mcg	Sodium	75.81 mg
Total Fat	3.43 g	Vitamin C	13.65 mg	Dietary Fiber (2016)	0.96 g