



825175 - Cole Slaw

Source: Farm to School

Number of Portions: 25

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011109 CABBAGE,RAW.....	2 lbs + 8 OZS (shredded)	<p>CCP: No bare hand contact with ready to eat food.</p> <p>Remove undesirable cabbage leaves from head. Rinse heads under running water and drain in a colander. Cut cabbage heads into quarters and remove core. Shred cabbage using vegetable processor, or other piece of equipment designed for shredding vegetables.</p> <p>Notes: It takes about 3 lbs. of cabbage heads to equal 2 ½ lbs. shredded. Size of shred may impact yield.</p>
901049 ONIONS,RED,RAW.....	1/2 CUP (diced)	<p>CCP: No bare hand contact with ready to eat food.</p> <p>Clean and peel onions. Rinse under running water and drain in a colander. Cut onion in half, then place cut side on cutting board. Cut into small dices or use equipment designed for dicing vegetables.</p>
826496 Mayonnaise, Regular, Dukes... 019335 SUGARS,GRANULATED..... 002007 CELERY SEED..... 901018 MUSTARD,POWDER/DRY..... 002048 VINEGAR,CIDER.....	1 1/4 cups 2 Tbsp 1 Tbsp 1 tsp 2 Tbsp	In large mixing bowl, combine mayonnaise, sugar, celery seed, drymustard and vinegar and whisk until well blended.
011124 CARROTS,RAW.....	4 OZS (shredded)	<p>Add carrots, cabbage, and onions to mayonnaise mixture. Mix well until all ingredients are coated.</p> <p>Serve 1/2 cup using a #8 disher.</p> <p>CCP: Hold and Serve at 41 degrees F. or lower.</p> <p>CCP: No bare hand contact with ready to eat food.</p>

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	100 kcal	Cholesterol	8 mg	Sugars	*2.7* g	Calcium	25.49 mg	87.63%	Calories from Total Fat
Total Fat	9.76 g	Sodium	72 mg	Protein	0.74 g	Iron	0.36 mg	11.00%	Calories from Saturated Fat

Saturated Fat	1.23 g	Carbohydrates	4.53 g	Vitamin A	802.5 IU	Water ¹	*49.81* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.37 g	Vitamin C	17.2 mg	Ash ¹	*0.38* g	18.09%	Calories from Carbohydrates
								2.95%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							



NORTH CAROLINA K-12 CULINARY INSTITUTE

SHREDDING CABBAGE

Store cabbage whole in the refrigerator to retain crisp texture and nutrients. Process just before use since cut cabbage begins to lose Vitamin C. Remove any wilted or damaged outer leaves, wash heads, and drain. Follow the steps below to shred for use in recipes. Use immediately or cover cut cabbage and store in the refrigerator for up to 3 days.

