



825007 - Pineapple Jalapeno Slaw

Source: K12 Culinary

Number of Portions: 65

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
011979 PEPPERS,JALAPENO,RAW.....	2 pepper	CCP: No bare hand contact with ready to eat food. Rinse jalapeno peppers under running water. Cut peppers in half, then again into quarters to easily remove the seed pod using a spoon or chef's knife. Cut peppers into strips, then into minced pieces.
825963 Pineapple Tidbits, Juice Packed Dole..... 011109 CABBAGE,RAW.....	1 lb 5 LBS (shredded)	Drain pineapple and reserve the juice. Combine shredded cabbage mix, minced pepper, and drained pineapple. (Shredded cabbage mix with green and red cabbage with carrots makes a colorful dish!) <i>Note: If using head cabbage, rinse under running water, cut into quarters to remove core, then shred. About 5 lbs. 12 oz. AP cabbage equals 5 lbs. shredded product. Size of shred will impact yield.</i>
826144 Mayonnaise, RedCal, Ventura Foods 72040..... 001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT.... 009273 PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C... 019335 SUGARS,GRANULATED..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK.....	2 cups 2 cups 1/2 cup 1/2 cup 1 Tbsp 1/2 tsp	Prepare the dressing by mixing together the mayonnaise, buttermilk, pineapple juice, sugar, salt and pepper. Pour dressing over the cabbage and mix until evenly dressed. Transfer slaw into two (2 inch deep) full-size steamtable pans for service. Cover and hold chilled until service. Serve ½ cup portions using a no. 8 disher. CCP: Hold and Serve at 41 degrees F. or lower.

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

Calories	47 kcal	Cholesterol	3 mg	Sugars	*3.7* g	Calcium	23.08 mg	44.50%	Calories from Total Fat
Total Fat	2.32 g	Sodium	170 mg	Protein	0.71 g	Iron	0.20 mg	5.75%	Calories from Saturated Fat
Saturated Fat	0.30 g	Carbohydrates	6.55 g	Vitamin A	47.1 IU	Water ¹	*45.79* g	*0.00*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.95 g	Vitamin C	14.4 mg	Ash ¹	*0.59* g	55.79%	Calories from Carbohydrates
								6.03%	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.