



825185 - Sassy 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)	CCP: No bare hand contact with ready to eat food. Remove undesirable cabbage leaves from head. Rinse heads under running water and drain. Cut cabbage heads into quarters and remove core. Shred cabbage using vegetable processor, or other piece of equipment designed for shredding vegetables. (Note: It takes about 3 lbs. of cabbage heads to equal 2 lbs. 8 oz. shredded. Size of shred may impact yield.)
011124 CARROTS,RAW..... 825184R Sassy Slaw Dressing...	6 OZS (shredded) 3/4 cup	CCP: No bare hand contact with ready to eat food. Place 2 ½ lbs. of shredded cabbage into each 2 inch deep full size steamtable pan. Add 6 ounces of pre-cut shredded carrots. (Note: If shredded carrots pieces are long, chop into smaller segments prior to adding.) Stir in 3/4 cup Sassy Slaw Dressing. Serve 1/2 cup using a #8 disher or 4 ounce spoodle. CCP: Hold and Serve at 41 degrees F. or lower.

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

Calories	33	kcal	Cholesterol	0	mg	Sugars	*3.8*	g	Calcium	21.76	mg	31.73%	Calories from Total Fat
Total Fat	1.17	g	Sodium	44	mg	Protein	0.66	g	Iron	0.27	mg	5.15%	Calories from Saturated Fat
Saturated Fat	0.19	g	Carbohydrates	5.45	g	Vitamin A	1181.3	IU	Water ¹	*52.30*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	1.34	g	Vitamin C	17.0	mg	Ash ¹	*0.43*	g	65.58%	Calories from Carbohydrates
												7.98%	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

SASSY SLAW

Follow the recipe and steps below to prepare Sassy Slaw.

