

# Marinated Cole Slaw

<b>Servings:</b>	15.00
<b>Serving Size:</b>	1.00 Cup
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Vinegar based coleslaw

## Nutrition Information

<b>Calories</b>	143.87	<b>Protein</b>	0.11g
<b>Fat</b>	11.39g	<b>SaturatedFat</b>	1.80g
<b>Trans Fat</b>	0.20g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	10.37g	<b>Fiber</b>	0.24g
<b>Sugar</b>	9.96g	<b>Sodium</b>	96.41mg
<b>Iron</b>	0.15mg	<b>Vitamin C</b>	6.08mg
<b>Vitamin A</b>	28.84IU	<b>Calcium</b>	2.71mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	430795	VINEGAR APPLE CIDER 5 4-1GAL GFS	
3/4 Cup	107999	OIL SALAD VEG CLR NT 35 GFS	
3/4 Cup	151343	SUGAR CANE GRANUL XTRA FINE 25#	
1 Teaspoon	430947	SEASONING SALT 32Z BADIA	
1 Tablespoon	430989	SPICE PEPR BLK GRND TABLE 16Z BADIA	
1 Teaspoon	224928	SPICE MUSTARD GRND 14Z TRDE	
1 Teaspoon	224677	SPICE CELERY SEED WHOLE 16Z TRDE	
10 Cup	607740	CABBAGE GREEN SHRD 5-3	
3/4 Cup	414951	ONION RED MED/LRG 5-10	Thinly sliced

Measurement	DistPart #	Description	Preparation Instructions
3/4 Cup	100995	PEPPERS GREEN 12CT P/L	Thinly sliced

## Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.