

Marinated Cole Slaw

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1600
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5	2 Quart 1 Pint (10 Cup)		430795
OIL SALAD VEG CLR NT	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		107999
SUGAR CANE GRANUL XTRA FINE 25#	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		151343
SEASONING SALT 32Z BADIA	2 Quart 1 Pint (10 Cup)		430947
SPICE PEPR BLK GRND TABLE 16Z BADIA	2 Quart 1 Pint (10 Cup)		430989
SPICE MUSTARD GRND	2 Quart 1 Pint (10 Cup)		224928
SPICE CELERY SEED WHOLE	2 Quart 1 Pint (10 Cup)		224677
CABBAGE GREEN SHRD 5-3	6 Gallon 1 Quart (100 Cup)		607740
ONION RED MED/LRG	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	Thinly sliced	414951
PEPPERS GREEN LRG	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	Thinly sliced	592315

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.330
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	167.85
Fat	11.23g
SaturatedFat	1.77g
Trans Fat	0.20g
Cholesterol	0.00mg
Sodium	105.22mg
Carbohydrates	15.70g
Fiber	2.12g
Sugar	12.52g
Protein	1.46g
Vitamin A 110.01IU	Vitamin C 43.69mg
Calcium 51.86mg	Iron 0.33mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available