

HOMEMADE COLE SLAW



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28353
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING COLE SLAW	1/2 Gallon		281476
COLE SLAW SHRED SEP 1/16IN	10 Pound		430347

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.520
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		230.41	
Fat		19.18g	
SaturatedFat		3.20g	
Trans Fat*		0.00g	
Cholesterol		19.18mg	
Sodium		455.43mg	
Carbohydrates		12.83g	
Fiber		2.06g	
Sugar		10.77g	
Protein		1.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.13mg	Iron	0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available