

SHREDDED RED CABBAGE



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40974
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CABBAGE RED	1/4 Cup		596965

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	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		10.90	
Fat		0.05g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		10.50mg	
Carbohydrates		2.50g	
Fiber		1.00g	
Sugar		1.00g	
Protein		0.55g	
Vitamin A	12.38IU	Vitamin C	12.90mg
Calcium	15.75mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available