

# Coleslaw



<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52000
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8IN	80 Ounce		198226
DRESSING COLESLAW THE ORIG	3 Cup		146612

## Preparation Instructions

Blend coleslaw and Coleslaw dressing and dip in 4 oz souffle

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	3.333
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	56.05
<b>Fat</b>	0.00g**
<b>Saturated Fat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.06mg
<b>Sodium</b>	45.85mg
<b>Carbohydrates</b>	11.15g
<b>Fiber</b>	4.44g
<b>Total Sugar</b>	6.70g
<b>Added Sugar</b>	0.03g
<b>Protein</b>	2.22g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 77.78mg	<b>Iron</b> 0.00mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	49.43
<b>Fat</b>	0.00g**
<b>Saturated Fat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.05mg
<b>Sodium</b>	40.43mg
<b>Carbohydrates</b>	9.83g
<b>Fiber</b>	3.92g
<b>Total Sugar</b>	5.91g
<b>Added Sugar</b>	0.03g
<b>Protein</b>	1.96g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 68.59mg	<b>Iron</b> 0.00mg

\*\*One or more nutritional components are missing from at least one item on this recipe.