

Cole Slaw

Vegetable

Salads and Salad Dressings

E-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cabbage, coarsely chopped	1 lb 13 ½ oz	3 qt	3 lb 11 oz	1 gal 2 qt	<ol style="list-style-type: none"> Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix. Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar. Pour dressing over vegetables. Mix thoroughly. Spread 2 lb 9 ½ oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).
*Fresh carrots, finely shredded	3 oz	¾ cup 2 Tbsp	6 oz	1 ¾ cups	
*Fresh green pepper, chopped (optional)		¼ cup	2 ½ oz	½ cup	
Reduced calorie salad dressing	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
OR Lowfat mayonnaise	OR 7 oz	OR ¾ cup 2 Tbsp	OR 14 oz	OR 1 ¾ cups	
Sugar		1 Tbsp		2 Tbsp	
Celery seed		1 tsp		2 tsp	
Dry mustard		½ tsp		1 tsp	
White vinegar		1 Tbsp		2 Tbsp	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Cabbage	2 lb 2 oz	4 lb 4 oz
Carrots	4 oz	8 oz
Green peppers	2 oz	4 oz

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SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 9 ½ oz	25 Servings: 1 quart 2 ¼ cups 1 pan
	50 Servings: 5 lb 3 oz	50 Servings: 3 quarts ½ cup 2 pans
Edited 2014		

Special Tips:

1) For best results, shred cabbage and store overnight; add dressing just before serving.

2) If recipe is prepared in advance, the yield will be reduced.

Nutrients Per Serving			
Calories	33	Saturated Fat	0.26 g
Protein	0.60 g	Cholesterol	3 mg
Carbohydrate	4.52 g	Vitamin A	1005 IU
Total Fat	1.63 g	Vitamin C	11.1 mg
		Iron	0.30 mg
		Calcium	19 mg
		Sodium	78 mg
		Dietary Fiber	1.0 g