

# Creamy Cole Slaw

Vegetable

Salads and Salad Dressings

E-06

| Ingredients                                       | 50 Servings |                | 100 Servings     |                | Directions  |
|---|-------------|----------------|------------------|----------------|---|
|   | Weight      | Measure        | Weight           | Measure        |   |
| *Fresh green cabbage, chilled, shredded           | 3 lb 11 oz  | 1 gal 2 qt     | 7 lb 6 oz        | 3 gal          | 1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.  |
| *Fresh carrots, shredded                          | 6 oz        | 1 ¾ cups       | 12 oz            | 3 ½ cups       |   |
| *Fresh green peppers, chopped or diced (optional) | 2 ½ oz      | ½ cup          | 5 oz             | 1 cup          |   |
| Reduced calorie salad dressing                    | 14 oz       | 1 ¾ cups       | 1 lb 12 oz       | 3 ½ cups       | 2. Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.  |
| OR<br>Lowfat mayonnaise                           | OR<br>14 oz | OR<br>1 ¾ cups | OR<br>1 lb 12 oz | OR<br>3 ½ cups |   |
| Sugar   |             | 2 Tbsp         |                  | ¼ cup          | 3. Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans. |
| Celery seed                                       |             | 2 tsp          |                  | 1 Tbsp 1 tsp   |   |
| Dry mustard                                       |             | 1 tsp          |                  | 2 tsp          |   |
| White vinegar                                     |             | 2 Tbsp         |                  | ¼ cup          |   |
|   |             |                |                  |                |   |
|   |             |                |                  |                | 4. CCP: Cool to 41° F or lower within 4 hours.  |
|   |             |                |                  |                | Cover. Refrigerate until ready to serve.  |
|   |             |                |                  |                | 5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).   |

Comments:

\*See Marketing Guide.

| Marketing Guide for Selected Items |             |              |
|------------------------------------|-------------|--------------|
| Food as Purchased for              | 50 Servings | 100 Servings |
| Cabbage                            | 4 lb 4 oz   | 8 lb 8 oz    |
| Carrots                            | 8 oz        | 1 lb         |
| Green peppers                      | 4 oz        | 8 oz         |

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| SERVING:  | YIELD:                                | VOLUME:  |
|---|---------------------------------------|--|
| ¼ cup (No. 16 scoop) provides ¼ cup of vegetable. | <b>50 Servings:</b> about 5 lb 3 oz   | <b>50 Servings:</b> about 3 quarts ½ cup<br>1 pan        |
|   | <b>100 Servings:</b> about 10 lb 6 oz | <b>100 Servings:</b> about 1 gallon 2 ¼ quarts<br>2 pans |

Tested 2004

**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 |        |                      |         |                      |         |
|-----------------------|--------|----------------------|---------|----------------------|---------|
| <b>Calories</b>       | 33     | <b>Saturated Fat</b> | 0.26 g  | <b>Iron</b>          | 0.30 mg |
| <b>Protein</b>        | 0.60 g | <b>Cholesterol</b>   | 3 mg    | <b>Calcium</b>       | 19 mg   |
| <b>Carbohydrate</b>   | 4.52 g | <b>Vitamin A</b>     | 1005 IU | <b>Sodium</b>        | 77 mg   |
| <b>Total Fat</b>      | 1.63 g | <b>Vitamin C</b>     | 11.1 mg | <b>Dietary Fiber</b> | 1.0 g   |