

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 Lowfat mayonnaise	OR 14 oz	OR 1 ¾ cups	OR 1 lb 12 oz	OR 3 ½ cups	
Sugar		2 Tbsp		¼ cup	
Celery seed		2 tsp		1 Tbsp 1 tsp	
Dry mustard		1 tsp		2 tsp	
White vinegar		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.
					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.	50 Servings: about 5 lb 3 oz	50 Servings: about 3 quarts ½ cup 1 pan
	100 Servings: about 10 lb 6 oz	100 Servings: about 1 gallon 2 ¼ quarts 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					
Calories	33	Saturated Fat	0.26 g	Iron	0.30 mg
Protein	0.60 g	Cholesterol	3 mg	Calcium	19 mg
Carbohydrate	4.52 g	Vitamin A	1005 IU	Sodium	77 mg
Total Fat	1.63 g	Vitamin C	11.1 mg	Dietary Fiber	1.0 g