

# Washington County School District

**Recipe: 001796 COLESLAW**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source:  
Recipe Group: SALADS

Alternate Recipe Name: COLESLAW

Number of Portions: 20  
Size of Portion: 1/2 C. SERVINGS

043355 MAYONNAISE,LO NA,LO CAL OR DIET..... 019335 SUGARS,GRANULATED..... 009153 LEMON JUC FROM CONC,CND OR BTLD... 002053 VINEGAR,DISTILLED..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	1/2 CUP 2 TBSP 1 1/2 TBSP 1 TBSP 1/4 TSP 1/2 TSP, ground	ADD MAYONNAISE, SUGAR, LEMON JUICE, VINEGAR, SALT, AND PEPPER TO A LARGE MIXING BOWL AND WHISK TOGETHER UNTIL FULLY COMBINED.
011109 CABBAGE,RAW..... 011124 CARROTS,RAW.....	9 CUP, shredded 1 CUP, shredded	ADD COLESLAW AND CARROTS TO THE MIXING BOWL AND STIR WELL TO COMBINE.
REFRIGERATE FOR AT LEAST 2 HOURS BEFORE SERVING.		

**\*Nutrients are based upon 1 Portion Size (1/2 C. SERVINGS)**

Calories	28 kcal	Cholesterol	1.34 mg	Sugars	*2.78* g	Calcium	14.84 mg	35.55%	Calories from Total Fat
Total Fat	1.12 g	Sodium	35.44 mg	Protein	0.48 g	Iron	0.17 mg	6.28%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	4.61 g	Vitamin A	950.38 IU	Water <sup>1</sup>	*39.19* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.96 g	Vitamin C	12.02 mg	Ash <sup>1</sup>	*0.36* g	64.91%	Calories from Carbohydrates
								6.79%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.500 cup				? - Tree Nut
Milk..... cup				? - Fish
<b><u>Moisture &amp; Fat Change</u></b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011109	CABBAGE,RAW			
I	011124	CARROTS,RAW			
I	043355	MAYONNAISE,LO NA,LO CAL OR DIET			
I	019335	SUGARS,GRANULATED			
I	009153	LEMON JUC FROM CONC,CND OR BTLD			
I	002053	VINEGAR,DISTILLED			
I	799986	SALT, KOSHER			
I	002030	PEPPER,BLACK			

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