

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.....	1/2 CUP	
019335 SUGARS, GRANULATED.....	2 TBSP	
009153 LEMON JUC FROM CONC,CND OR BTLD...	1 1/2 TBSP	
002053 VINEGAR,DISTILLED.....	1 TBSP	
799986 SALT, KOSHER.....	1/4 TSP	
002030 PEPPER,BLACK.....	1/2 TSP, ground	
011109 CABBAGE,RAW.....	9 CUP, shredded	
011124 CARROTS,RAW.....	1 CUP, shredded	

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

Calories	28 kcal	Cholesterol	1.34 mg	Total Sugars	*2.78* g	Calcium	12.01 mg	35.56%	Calories from Total Fat
				Added Sug	*2.78* g				
Total Fat	1.12 g	Sodium	35.43 mg	Protein	*1.26* g	Iron	14.84 mg	6.28%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	4.61 g	Vitamin A	0.48 RAE	Water ¹	0.17 g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00* g	Dietary Fiber	0.96 g	Vitamin C	*47.54* mg	Ash ¹	*39.17* g	64.90%	Calories from Carbohydrates
								17.70%	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
¹ - denotes optional nutrient values.

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.