

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 12 oz	2 qt 1 cup	3 lb 8 oz	1 gal 2 cups	1. Place all vegetables in large bowl and toss lightly to mix. 2. Combine mayonnaise or salad dressing, sugar, celery seed, dry mustard, and vinegar. 3. Pour dressing over vegetables. Mix thoroughly. 4. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).
*Fresh carrots, finely shredded	6 oz	1 1/4 cups 2 Tbsp	11 oz	2 3/4 cups	
*Onions, finely chopped OR		1/2 cup 1 Tbsp	7 oz	1 cup 2 Tbsp	
Dehydrated onions		2 Tbsp		1/4 cup	
*Fresh green pepper, chopped (optional)		1/4 cup		1/2 cup	
Mayonnaise (can be lowfat) OR	9 oz	1 cup 2 Tbsp	1 lb 1 1/2 oz	2 1/4 cups	
Salad dressing (can be lowfat)	9 oz	1 cup 2 Tbsp	1 lb 1 1/2 oz	2 1/4 cups	
Sugar		1 Tbsp		2 Tbsp	
Celery seed		1 tsp		2 tsp	
Dry mustard		1/2 tsp		1 tsp	
Vinegar		1 Tbsp		2 Tbsp	
*See Marketing Guide					

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Cabbage	2 lb	4 lb 1 oz
Carrots	8 oz	1 lb
Mature onions	4 oz	8 oz
Green peppers	2 oz	3 1/2 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable	25 Servings: 1 qt 2 1/2 cups (approximately)	25 Servings:
	50 Servings: 3 qt 1 cup (approximately)	50 Servings:

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Nutrients Per Serving

Calories	87	Saturated Fat	1.2 g	Iron	.3 mg
Protein	1 g	Cholesterol	6 mg	Calcium	22 mg
Carbohydrate	4 g	Vitamin A	189 RE/1836 IU	Sodium	66 mg
Total Fat	8.2 g	Vitamin C	11 mg	Dietary Fiber	1 g