



# Creamy Coleslaw

## USDA Recipe for Schools

Our Creamy Coleslaw is a healthy and fresh-tasting combination of cabbage, carrots, green onions, and cranberries in a yogurt-based dressing.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, low-fat, plain	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups	<b>1</b> Dressing: Combine yogurt, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside for step 3.
Mayonnaise, low-fat	1 lb	1 ½ cups	2 lb	3 cups	
Honey		2 cups		1 qt	
Apple cider vinegar		¾ cup		1 ½ cups	
Salt	3 lb 2 oz	1 ½ tsp	6 lb 4 oz	1 Tbsp	
Black pepper, ground	10 oz	2 tsp	1 lb 4 oz	1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Green cabbage, fresh, chilled, shredded	1 lb	1 gal 1 qt 1 cup 2 Tbsp	2 lb	2 gal 2 qt 2 ¼ cups	<p><b>2</b> Combine cabbage, carrots, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.</p>
*Purple cabbage, fresh, chilled, shredded	8 oz	1 qt ¼ cup	1 lb	2 qt ½ cup	
*Carrots, fresh, shredded	1 lb 2 oz	2 ¼ cups 2 Tbsp	2 lb 4 oz	1 qt ¾ cup	
*Green onions, fresh, diced		1 cup 3 Tbsp		2 ¼ cups 2 Tbsp	
Cranberries, dried		3 ½ cups 2 Tbsp		1 qt 3 ¼ cups	
					<p><b>3</b> Pour 3 ½ cups (about 2 lb) dressing over 3 qt 3 cups (about 2 lb 10 oz) vegetable mixture. Stir well.</p>
					<p><b>4</b> Transfer 1 gal (about 5 lb) coleslaw to a steam table pan (12" x 20" x 2 ½").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p><b>5</b> Critical Control Point: Cool to 41 °F or lower within 4 hours.</p>
					<p><b>6</b> Critical Control Point: Hold at 41 °F or below.</p>
					<p><b>7</b> Portion with No. 8 scoop ( ½ cup).</p>

**NUTRITION INFORMATION**

For ½ cup (No. 8 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>128</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	4 mg
<b>Sodium</b>	<b>179 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	2 g
Total Sugars	21 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	0 IU
Calcium	62 mg
Iron	0 mg
Potassium	90 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Carrots	1 lb	2 lb
Green onions	10 oz	1 lb 4 oz
	3 lb 2 oz	6 lb 4 oz
Purple cabbage	10 oz	1 lb 4 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 10 lb	About 20 lb
About 1 gal 1 qt/2 steam table pans (12" x 20" x 2 ½")	About 2 gal 2 qt/4 steam table pans (12" x 20" x 2 ½")

