

<b>000015 - Apple Slaw : LaConner School</b>	<b>Attributes</b>
HACCP Process: #1 No Cook Number of Portions: 15 Size of Portion: 3/8 cup	

Ingredients	Measures	Instructions
		1. Wash all vegetables and fruit under running water.
		2. Shred washed cabbage, carrots & apples.
		3. In large bowl, toss together all the salad ingredients.
011109 CABBAGE,RAW..... 799938 CARROTS,RAW..... 051448 APPLES, GALA, FRESH, WITH SKIN..... 012037 SUNFLOWER SD KRNLs,DRY RSTD,WO/SALT..... 050354 CHERRIES, RED, TART, DRIED, PITTED, SWEE....	7 1/2 OZS (shredded) 3/4 CUP (shredded) 9 ozs 1 Tbsp + 1 3/4 tsp 1 Tbsp + 1 3/4 tsp	
002048 VINEGAR,CIDER..... 004053 OIL,OLIVE,SALAD OR COOKING..... 019296 HONEY..... 002047 SALT,TABLE.....	2 Tbsp + 1 1/8 tsp 2 1/4 tsp 1/2 Tbsp 1/4 tsp	4. In small bowl whisk together all dressing ingredients.  <del>COP: Heat to 125° F or higher.</del> <del>COP: Heat for hot service at 125° F or higher.</del>
		5. Toss salad ingredients with dressing. Chill to 41 degrees F.
		NOTE: If serving more than 1 hour after tossing with dressing, use water instead of oil so cabbage wilts less.

\*Nutrients are based upon 1 Portion Size (3/8 cup)

Calories	31 kcal	Cholesterol	0 mg	Sugars	*1.1* g	Calcium	9.94 mg	33.29%	Calories from Total Fat
Total Fat	1.16 g	Sodium	53 mg	Protein	0.47 g	Iron	0.16 mg	4.31%	Calories from Saturated Fat
Saturated Fat	0.15 g	Carbohydrates	5.23 g	Vitamin A	961.0 IU	Water <sup>1</sup>	*20.29* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.05 g	Vitamin C	6.3 mg	Ash <sup>1</sup>	*0.32* g	66.85%	Calories from Carbohydrates
								6.01%	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.