

Orfalea Foundation- SFI

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Recipe Sizing Report

Sep 13, 2013

000187 - School Food Cole Slaw :

HACCP Process: No HACCP Process

Number of Portions: 25

Size of Portions: .5 CUP

011109 CABBAGE,RAW.....	2 lbs + 8 OZS (shredded)
011112 CABBAGE,RED,RAW.....	1/2 CUP (shredded)
011124 CARROTS,RAW.....	1/2 CUP (grated)
000181R School Food Cole Slaw Dressing...	1 1/2 Cups
002047 SALT.....	1/2 tsp

1. Combine cabbages and carrots (or use pre-packaged cole slaw mix) with cole slaw dressing. Mix well.

CCP: Refrigerate until served.

EQUIPMENT:

1-LARGE MIXING BOWL

1-LIQUID MEASURING CUP, PINT

1-KITCHEN SPOON

GLOVES

1-Measuring spoons, full set

*Nutrients are based upon 1 Portion Size (.5 CUP)

Calories	109 kcal	Cholesterol	4 mg	Protein	*0.64* g	Calcium	25.91 mg	69.74%	Calories from Total Fat
Total Fat	8.45 g	Sodium	166 mg	Vitamin A	67.9 RE	Iron	0.41 mg	10.53%	Calories from Sat Fat
Sat Fat	1.28 g	Carbs	5.42 g	Vitamin A	430.4 IU	Water ¹	*105.50* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	D. Fiber	1.26 g	Vitamin C	17.5 mg	Ash ¹	*0.64* g	19.90%	Calories from Carbs
								2.37%	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.