



Recipe Prep Sheet

American Dairy Association North East

990048 - Asian Slaw

Recipe HACCP Process: #1 No Cook
Source: DSB
Number of Portions: 50
Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
011109	CABBAGE,RAW	15 CUP, shredded	Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.
011124	CARROTS,RAW	2 CUP, grated	
011333	PEPPERS,SWEET,GREEN,RAW	1 CUP, chopped	
990117	MANDARIN ORANGES,CND,LT SYRUP,DRND	105 oz	
902400	PINEAPPLE, CANNED, TIDBITS, SOLIDS AND LIQUID	4 CUP	Combine all vegetables and fruits in a large bowl.
019335	SUGARS,GRANULATED	1 CUP	In a second bowl,combine remaining ingredients to make the dressing. Pour dressing over the vegetable/fruit mixture. Gently combine and chill. Serve with 4 oz spoodle. CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served.
799917	SAUCE,SOY SAUCE	1 cup	
002048	VINEGAR,CIDER	2 CUP	
902220	SALAD DRSG,MAYO TYPE,RED CAL-COMMOD	1 cup	
001314	YOGURT,GREEK,NONFAT,PLN,CHOBANI	16 oz	
002021	GINGER,GROUND	1 TBSP	
002020	GARLIC POWDER	2 TBSP	

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories ¹	95.491 kcal	Total Fat	1.090 g	Total Dietary Fiber	1.688 g	Vitamin C	23.546 mg	10.275% Calories from Total Fat
Saturated Fat ¹	0.184 g	Trans Fat ²	*0.001* g	Protein	1.996 g	Iron	0.632 mg	1.730% Calories from Sat Fat
Sodium ¹	386.475 mg	Cholesterol	2.512 mg	Vitamin A	1547.152 IU	Water	*99.050* g	*0.008%* Calories from Trans Fat
Sugars	*5.027* g	Carbohydrate	20.395 g	Calcium	30.537 mg	Ash	*N/A* g	85.431% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.361% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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**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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.