


# Maple Citrus Slaw

## General Information

Recipe #	Category	Source
2041982	Other Vegetables 	Local

## Ingredients

Name	Quantity	Quantity + 2
Cabbage, raw	1 pt. shredded	
Cabbage, red, raw	1 pt. shredded	
Carrots, raw	1 c. chopped	
Vinegar, Apple Cider, 4/1gal, Monarch, 252631	¼ c.	
Oil, olive, salad or cooking	2 tbsp.	
Lime juice, raw	2 tbsp.	
Maple Syrup	1 tbsp.	
Juice, Orange, Frozen, Cup, 96/4oz, 24#, 1/2c Juice, Ardmore Farms, 41380	1 Carton	
Coriander (cilantro) leaves, raw	½ c.	
Spices, pepper, black	½ tsp. ground	
Salt, table	½ tsp.	

## Preparation Instructions

HACCP Process: #1 - No Cook

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

1. Combine apple cider vinegar, lime juice, orange juice, maple, salt, pepper and oil; beat with whisk until well mixed. Add shredded cabbage, shredded carrot and cilantro. Stir until well coated. Cover. Refrigerate until served.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41. In the event the temperature of the cold item rises above 41 it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 or below.

CCP: Record time and internal temperature of completed recipe on daily log.



## Maple Citrus Slaw

Serving Size	Yield
½ cup	10.00

## Nutrition Facts

Serving Size ½ cup (67 gm)

Amount Per Serving		
Calories		50.440
		% Daily Value*
<b>Total Fat</b>	2.777 gm	4.273%
<b>Saturated Fat</b>	0.387 gm	1.933%
<b>Trans Fat</b>	0.000* gm	
<b>Cholesterol</b>	0.000 mg	
<b>Sodium</b>	133.885 mg	5.579%
<b>Total Carbohydrate</b>	6.108 gm	2.036%
<b>Dietary Fiber</b>	1.066 gm	4.264%
<b>Total Sugars</b>	4.099 gm	
<b>Includes 0.000 * gm of Added Sugars</b>		
<b>Protein</b>	0.640 gm	1.28%
<b>Vitamin A</b>	118.208* mcg RAE	13.134%
<b>Vitamin C</b>	18.583 mg	30.971%
<b>Vitamin D</b>	0.000* mcg	
<b>Calcium</b>	18.110* mg	1.811%
<b>Iron</b>	0.282 mg	1.568%
<b>Potassium</b>	131.428 mg	2.796%
<b>Saturated Fat % of Calories</b>		6.898 %
<b>Added Sugar % of Calories</b>		0.000 %

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the

Recipe compliments of Land O Lakes.

daily diet. 2,000 calories a day is used for general nutrition advice.

### Dates

Last Updated	Created
01-08-2026	01-08-2026

### Meal Components

Component	Measurement
Other Vegetables	0.5 cups


### Attributes

Made from Scratch

### Added Sugar Limitations ?

Not applicable.

### Vendors

Country Pure Foods 

US Foods 

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