# Schoolmade Coleslaw***

Health-e Pro MENU PLANNING

## General Information

| Recipe # | Category | Source |
|---|---|---|
| 2094357 | Other Vegetables | Local |

## Ingredients

| Name | Quantity | + Quantity 2 |
|---|---|---|
| Cabbage, raw | 2 qt., 1 pt. shredded | |
| Carrots, raw | 1 pt. grated | |
| Mayo *** | ½ c. | |
| Apple Cider Vinegar *** | ¼ c. | |
| Dijon Mustard*** | 2 tsp. | |
| *Salt | 1 tsp. | |
| Garlic Powder*** | ½ tsp. | |

## Preparation Instructions

### Recipe Updated 4.29.26 - CM

### *This recipe must be prepared in multiples of 16

### 1 batch = 16 servings

### 2 batches = 32 servings

### 3 batches = 48 servings

### 4 batches = 64 servings

### PREP AHEAD

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### 2 Work Days Before Service:

N/A

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### 1 Work Day Before Service:

1. Use a chefs knife or food processor to shred the cabbage.

**Schoolmade Coleslaw**

| Serving Size | Yield |
|---|---|
| 1 (1/2) Cup Serving | 16.00 |

## Nutrition Facts

**Serving Size 1 (1/2) Cup Serving (69 gm)**

| Amount Per Serving | |
|---|---|
| **Calories** | **67.678** |
| | **% Daily Value*** |
| **Total Fat** 5.577* gm | **8.581%** |
| **Saturated Fat** 0.770 gm | **3.848%** |
| **Trans Fat** 0.000* gm | |
| **Cholesterol** 2.500 mg | **0.833%** |
| **Sodium** 192.891 mg | **8.037%** |
| **Total Carbohydrate** 3.960 gm | **1.32%** |
| **Dietary Fiber** 1.487 gm | **5.95%** |
| **Total Sugars** 3.069 gm | |
| **Includes 1.000* gm of Added Sugars** | |
| **Protein** 0.704 gm | **1.408%** |
| Vitamin A 117.000* | **13%** |
| Vitamin C 16.825 | **28.042%** |
| Vitamin D 0.000* | |
| Calcium 25.465 | **2.546%** |
| Iron 0.331 | **1.839%** |
| Potassium 122.280* | **2.602%** |
| Saturated Fat % of Calories | **10.233 %** |
| Added Sugar % of Calories | **5.910 %** |

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

## Meal Components

| Component | Measurement |
|---|---|
| Other Vegetables | 0.5 cups |

## Allergens

Eggs
Soy

## Attributes

Made from Scratch

2. In a mixing bowl whisk together mayo, vinegar, garlic powder, salt and mustard.
3. In a lexan or mixing bowl add srhedded cabbage, shredded carrots and dressing. Use clean, gloved hands to combine thoroughly.
4. Store in a lidded container in the cooler. Properly store and label.

**Day of Service:**

N/A

**Serving:**

1. Use a **4 ounce spoodle or #8 Gray Disher** to portion cole slaw.

**Components:**

**Vegetable: 1/2 Cup Serving**

**Dates**

| Last Updated | Created |
| --- | --- |
| 09-07-2026 | 04-17-2026 |

Vegetarian

**Added Sugar Limitations**

Not applicable.