

# 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	3 3/4 qt, shredded	<p><b>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.</b></p> <p>Drain pineapple.</p> <p>Combine all vegetables and fruits in a large bowl.</p>
011124	CARROTS,RAW	2 CUP, grated	
011333	PEPPERS,SWEET,GREEN,RAW	1 CUP, chopped	
990117	MANDARIN ORANGES,CND,LT SYRUP,DRND	3 qt + 2 cup	
902400	PINEAPPLE, CANNED, TIDBITS, SOLIDS AND LIQUID	1 qt	
019335	SUGARS,GRANULATED	1 CUP	<p>In a second bowl,combine remaining ingredients to make the dressing. Pour dressing over the vegetable/fruit mixture. Gently combine and chill.</p> <p>Serve with #6 scoop (6 oz.)</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
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,	16 oz	
002021	GINGER,GROUND	1 TBSP	
002020	GARLIC POWDER	2 TBSP	

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

Calories <sup>1</sup>	97.991 kcal	Total Fat	1.096 g	Total Dietary Fiber	1.735 g	Vitamin C	24.324 mg	10.064% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.184 g	Trans Fat <sup>2</sup>	*0.001* g	Protein	2.017 g	Iron	0.647 mg	1.690% Calories from Sat Fat
Sodium <sup>1</sup>	386.713 mg	Cholesterol	2.512 mg	Vitamin A	1598.510 IU	Water	*102.346* g	*0.007%* Calories from Trans Fat
Sugars	*5.027* g	Carbohydrate	21.032 g	Calcium	30.854 mg	Ash	*N/A* g	85.854% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.233% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	.5 cup
		Vegetable	.5 cup	Milk	cup

\*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 required nutrient values  
<sup>2</sup> - 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.