

Apple Slaw

Recipe Category: Salad (fruit, vegetable)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cabbage, shredded	1 lb 9 oz		3 lb 2 oz				<ol style="list-style-type: none"> Cut the apples into ½” pieces. Toss all salad ingredients in 1 full hotel pan. Mix dressing ingredients. Toss with salad. Keep chilled throughout service time. <p>CCP: Refrigerate and hold at 41°F or below for cold service.</p> <p><u>Note:</u> If serving more than 1 hour after tossing with dressing then use water instead of oil so the cabbage wilts less.</p>
Carrots, shredded	10 oz		1 lb 4 oz				
Apples, sliced	1 lb 14 oz		3 lb 12 oz				
Sunflower seeds, toasted		⅓ cup		⅔ cup			
Cherries, dried, unsweetened	1¾ oz	⅓ cup	3½ oz	⅓ cup			
Dressing:							
Vinegar, apple cider		½ cup		1 cup			
Olive Oil		2 Tbsp 1½ tsp		5 Tbsp			
Honey		1 Tbsp 2 tsp		3 Tbsp 1 tsp			
Sea Salt		1 tsp		2 tsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
⅔ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (other)	⅓ cup

Nutrient Analysis		
Calories: 30	Saturated Fat: .15 grams	Sodium: 47.30 mg