



## Creamy Coleslaw

This classic side dish, Creamy Coleslaw, is a flavorful and crunchy combination of fresh cabbage, fresh carrots, green onions, and dried cranberries in a sweet and tangy yogurt-based dressing.

### CACFP Adult Portion Crediting Information

$\frac{3}{4}$  cup (6 oz spoon) provides  $\frac{5}{8}$  cup vegetable ( $\frac{1}{8}$  cup additional vegetable,  $\frac{1}{2}$  cup other vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Low-fat yogurt, plain	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	<b>1</b> Dressing: Combine yogurt, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside for step 3.
Low-fat mayonnaise	8 oz	$\frac{3}{4}$ cup	1 lb	1 $\frac{1}{2}$ cups	
Honey		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups	
Apple cider vinegar		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup	
Salt		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground black pepper		1 tsp		2 tsp	
*Fresh green cabbage, chilled, shredded	2 lb 1 oz	1 gal	4 lb 2 oz	2 gal	<p><b>2</b> Combine cabbage, carrots, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.</p>
*Fresh purple cabbage, chilled, shredded	5 oz	2 cups	10 oz	1 qt	
*Fresh carrots, shredded	8 oz	1 qt	1 lb	2 qt	
*Fresh green onions, diced	4 oz	1 ½ cups	8 oz	3 cups	
Dried Cranberries	9 oz	1 ¾ cups 1 Tbsp	1 lb 2 oz	3 ½ cups 2 Tbsp	
					<p><b>3</b> Five minutes before serving time, pour 2 lb 7 oz (4 ¾ cup) dressing over 4 lb (6 qt) vegetable mixture. Stir well. Do not combine dressing with coleslaw mix until ready to serve.</p>
					<p><b>4</b> Transfer 6 ¼ lb (1 gal) coleslaw to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p><b>5</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.</p>
					<p><b>6</b> Critical Control Point: Hold at 40 °F or below.</p>
					<p><b>7</b> Serve ¾ cup (portion with a 6 oz spoodle)</p>



**NUTRITION INFORMATION**

For ¾ cup (6 oz spoodle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>121</b>
<hr/>	
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>169 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	2 g
Total Sugars	18 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
<hr/>	
Vitamin A	107 mcg RAE
Vitamin C	19 mg
Vitamin D	0 IU
Calcium	51 mg
Iron	0 mg
Potassium	135 mg
N/A = data not available	

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Fresh green cabbage	2 lb 1 oz	4 lb 2 oz
Fresh purple cabbage	5 oz	10 oz
Fresh carrots	8 oz	1 lb
Fresh green onions	4 oz	8 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

25 Servings	50 Servings
About 6 ¼ lb	About 12 ½ lb
About 1 gal/1 steam table pan (12" x 20" x 2 ½").	About 2 gal/2 steam table pans (12" x 20" x 2 ½").

**SOURCE:**

CACFP Adult Portion Recipe Project

