MEALS on WHEELS SAN DIEGO COUNTY

Tangy Coleslaw

Yield 10

Portion Size: Approximately 1/2 cup

AMT	UNIT	INGREDIENTS
16	oz	cabbage, shredded
2	oz	green onion, chopped
0.5	tsp	Tapatio Hot Sauce
0.023	oz	black pepper
0.5	cup	fat-free mayonnaise
0.5	cup	fat-free sour cream

PROCEDURES

Mix all ingredients together and let marinate
Portion into 4 oz cups**.**

*****Special Instructions: Weigh all vegetables after washing, rinsing, and discarding waste.******

Yield: 10 (0.500 cup(s))

Ingredients

16.000 oz. Cabbage, Red, Shredded

0.500 t. ORTEGA Sauce, Picante, Hot

0.500 c. KRAFT Mayonnaise Dressing, Fat Free

0.500 c. Sour Cream, Fat Free

2.000 oz. Onion, Spring or Scallions (Duan Bawang)

0.023 oz. Pepper, Black, Ground

Macronutrients			**Percentage of Kcals**	
Kilocalories	34.220	kcal		
Protein	1.200	g	Protein	13.6%
Carbohydrate	7.366	g	Carbohydrate	83.5%
Fat, Total	0.114	g	Fat, total	2.9%
Alcohol	0.000	g	Alcohol	0.0%
Cholesterol	1.152	mg		
Saturated Fat	0.012	g		
Monounsaturated Fat	0.007	g		
Polyunsaturated Fat	0.040	g		
Trans Fatty Acid	0.000	g		
Sugar, Total		g		
Dietary Fiber, Total	1.026	g		
Sugar, Total	2.775	g		

Vitamins & Minerals					
Sodium	129.022	mg	Phosphorus	29.497	mg
Potassium	142.341	mg	Magnesium	9.781	mg
Vitamin A (RE)	99.433	RE	Zinc	0.190	mg
Vitamin C	28.065	mg	Copper	0.014	mg
Calcium	39.820	mg	Manganese	0.119	mg
Iron	0.432	mg	Selenium	0.954	µg
Vitamin D (ug)	0.000	µg	Chromium	0.008	mg
Vitamin E (mg)	0.007	mg			
Thiamin	0.036	mg			
Riboflavin	0.055	mg			
Niacin	0.199	mg			
Pyridoxine (Vitamin B6)	0.101	mg			
Folate (Total)	10.360	µg			
Cobalamin (Vitamin B12)	0.038	µg			
Biotin	0.907	µg			
Pantothenic Acid	0.068	mg			
Vitamin K	17.434	µg			

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Ingredient	50 Servings	100 Servings	150 Servings	200 Servings
16.000 oz. Cabbage, Red, Shredded	5.000 pound(s)	10.000 pound(s)	15.000 pound(s)	20.000 pound(s)
0.500 t. ORTEGA Sauce, Picante, Hot	2.500 teaspoon(s)	1 T + 2 t	1 fl oz + 1 ½ t	1 fl oz + 1 T
0.500 c. KRAFT Mayonnaise Dressing, Fat Free	2 1/2 cups	1 qt + 1 c	1 qt + 3 ½ c	2 qt + 2 c
0.500 c. Sour Cream, Fat Free	2 1/2 cups	1 qt + 1 c	1 qt + 3 ½ c	2 qt + 2 c
2.000 oz. Onion, Spring or Scallions (Duan Bawang)	10.000 ounce(s)	1.250 pound(s)	1.875 pound(s)	2.500 pound(s)
0.023 oz. Pepper, Black, Ground	0.115 ounce(s)	0.230 ounce(s)	0.345 ounce(s)	0.460 ounce(s)

Ingredient	250 Servings	300 Servings	350 Servings	400 Servings
16.000 oz. Cabbage, Red, Shredded	25.000 pound(s)	30.000 pound(s)	35.000 pound(s)	40.000 pound(s)
0.500 t. ORTEGA Sauce, Picante, Hot	2 fl oz + ½ t	2 fl oz + ½ t	2 fl oz + ⅛ c	3 fl oz + 2 t
0.500 c. KRAFT Mayonnaise Dressing, Fat Free	3 qt + ½ c	3 qt + 3 c	1 gal + 1 ½ c	1 gal + 4 c
0.500 c. Sour Cream, Fat Free	3 qt + ½ c	3 qt + 3 c	1 gal + 1 ½ c	1 gal + 4 c
2.000 oz. Onion, Spring or Scallions (Duan Bawang)	3.125 pound(s)	3.750 pound(s)	4.375 pound(s)	5.000 pound(s)
0.023 oz. Pepper, Black, Ground	0.575 ounce(s)	0.690 ounce(s)	0.805 ounce(s)	0.920 ounce(s)

Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
16.000 oz. Cabbage, Red, Shredded	45.000 pound(s)	70 pounds	75 pounds	80 pounds
0.500 t. ORTEGA Sauce, Picante, Hot	3 fl oz + 1 T	4 + ½ t	4 fl oz + 1 ½ t	5.000 fluid ounce(s)
0.500 c. KRAFT Mayonnaise Dressing, Fat Free	1 gal + 6 ½ c	1 gal + 2qts + 1 c	1 gal + 2 qts + 3 c.	1 gal + 3 qts + 3/4c
0.500 c. Sour Cream, Fat Free	1 gal + 6 ½ c	1 gal + 2qts + 1 c	1 gal + 2 qts + 3 c.	1 gal + 3 qts + 3/4c
2.000 oz. Onion, Spring or Scallions (Duan Bawang)	5.625 pound(s)	6.250 pound(s)	6.875 pound(s)	7.500 pound(s)
0.023 oz. Pepper, Black, Ground	1.035 ounce(s)	1.150 ounce(s)	1.265 ounce(s)	1.380 ounce(s)

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
16.000 oz. Cabbage, Red, Shredded	90 pounds	70.000 pound(s)	75.000 pound(s)	80.000 pound(s)
0.500 t. ORTEGA Sauce, Picante, Hot	5 fl oz	5 fl oz + 1 T + 2 t	6 fl oz + 1 ½ t	6 fl oz + 1 T + 1 t
0.500 c. KRAFT Mayonnaise Dressing, Fat Free	2. gal + ½ c	2 gal + 3 c	2 gal + 5 ½ c	2 gal + 2 qt
0.500 c. Sour Cream, Fat Free	7 pounds	2 gal + 3 c	2 gal + 5 ½ c	2 gal + 2 qt
2.000 oz. Onion, Spring or Scallions (Duan Bawang)	8.125 pound(s)	8.750 pound(s)	9.375 pound(s)	10.000 pound(s)
0.023 oz. Pepper, Black, Ground	1.495 ounce(s)	1.610 ounce(s)	1.725 ounce(s)	1.840 ounce(s)