



# Creamy Coleslaw

## USDA Recipe for CACFP

Our Creamy Coleslaw is a healthy and fresh-tasting combination of cabbage, carrots, green onions, and cranberries in a yogurt-based dressing.

### CACFP CREDITING INFORMATION

**½ cup (No.8 scoop) provides ½ cup vegetable.**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, low-fat, plain	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup	<b>1</b> Dressing: Combine yogurt, mayonnaise, honey, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside for step 3.
Mayonnaise, low-fat	8 oz	¾ cup	1 lb	1 ½ cups	
Honey		1 cup		2 cups	
Apple cider vinegar		¼ cup 2 Tbsp		¾ cup	
Salt		¾ tsp		1 ½ tsp	
Black pepper, ground		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Green cabbage, fresh, chilled, shredded	1 lb 9 oz	2 qt 2 ½ cups 1 Tbsp	3 lb 2 oz	1 gal 1 qt 1 cup 2 Tbsp	<b>2</b> Combine cabbage, carrots, onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3.
*Purple cabbage, fresh, chilled, shredded	5 oz	2 cups 2 Tbsp	10 oz	1 qt ¼ cup	
*Carrots, fresh, shredded	8 oz	1 cup 3 Tbsp	1 lb	2 ¼ cups 2 Tbsp	
*Green onions, fresh, diced	4 oz	½ cup 1 Tbsp 1 ½ tsp	8 oz	1 cup 3 Tbsp	
Cranberries, dried	9 oz	1 ¾ cups 1 Tbsp	1 lb 2 oz	3 ½ cups 2 Tbsp	
					<b>3</b> Pour 3 ½ cups (about 2 lb) dressing over 3 qt 3 cups (about 2 lb 10 oz) vegetable mixture. Stir well.
					<b>4</b> Transfer 1 gal (about 5 lb) coleslaw to a steam table pan (12" x 20" x 2 ½").  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>5</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
					<b>6</b> Critical Control Point: Hold at 40 °F or below.
					<b>7</b> Portion with No. 8 scoop (½ cup).

**NUTRITION INFORMATION**

For ½ cup (No. 8 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>128</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	4 mg
<b>Sodium</b>	<b>179 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	2 g
Total Sugars	21 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
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Vitamin D	0 IU
Calcium	62 mg
Iron	0 mg
Potassium	90 mg

N/A = data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Carrots	8 oz	1 lb
Green onions	5 oz	10 oz
Green cabbage	1 lb 9 oz	3 lb 2 oz
Purple cabbage	5 oz	10 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**

<b>25 Servings</b>	<b>50 Servings</b>
About 5 lb	About 10 lb
About 2 qt 2 cups/1 steam table pan (12" x 20" x 2 ½")	About 1 gal 1 qt/2 steam table pans (12" x 20" x 2 ½")

