

## Chinese Coleslaw100

Number of Servings: 100 (74.36 g per serving)

Amount	Measure	Ingredient
6.00	cup	Vinegar, cider
1.00	cup	Oil, canola
1 3/4	cup	Sugar
10.00	ea	Soup, ramen noodle, chicken flvr, dry pkg
3 3/4	gal	Cabbage, fresh, shredded
3.00	cup	Onion, white, fresh, chpd

### Nutrients per serving

Nutrition Facts	
Serving Size (74g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 25%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Combine vinegar, oil sugar and seasoning packet from Ramen Noodles and mix into cabbage. Chill.

Break Ramen Noodles into small pieces about 1/2 inch in length. Just before serving combine Ramen Noodles with the cabbage. Serve approximately 1/2 cup per serving.

1 serving = 1/2 c. coleslaw = 1 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.