

fruity slaw75

Number of Servings: 75 (67.4 g per serving)

Amount	Measure	Ingredient
7 1/2	cup	Pineapple, chunks, w/juice, cnd, drained
7 1/2	cup	Mandarin Oranges, w/juice, cnd, drained
5.00	qt	Cabbage, fresh, shredded
3 3/4	cup	Carrots, fresh, grated
5.00	Tbs	Spice, onion, minced, dehyd
6.00	Tbs	Vinegar, cider
2/3	cup	Oil, Natural Blend, veg canola & sunflower
3 3/4	Tbs	Sugar
1 1/4	tsp	Salt, table, iodized
1 1/4	tsp	Spice, pepper, black
2/3	cup	Juice, pineapple

Nutrients per serving

Nutrition Facts	
Serving Size (67g)	
Servings Per Container	
Amount Per Serving	
Calories 45	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 1g	
Vitamin A 25%	Vitamin C 25%
Calcium 2%	Iron 2%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Drain Pineapple chunks or tidbits, reserving amount of uice called for in recipe
 Mandarin oranges can be replaced with ALL pineapple (amount called for of pineapple plus mandarin oranges all in Pineapple) when oranges are on the menu for that day
 Carrots may be grated or thinly sliced
 Pepper is optional

Combine vinegar, oil, sugar, salt, pepper and pineapple juice. Combine fruits and vegetables and add vinegar-oil mixture. Refrigerate and serve at 40 degrees F or less.
 Potentially Hazardous Food.

1 serv = 1/2 cup or 1 level #8 scoop
 1/2 c serv = 7 grams carbohydrate = 1/2 Carb Servings