

E-12

Oelwein Community School District

Recipe No.: 000319
 Recipe Description: Pineapple-Cabbage Salad
 Recipe Source: school
 Recipe Group: SALADS
 Alternate Recipe Name:

Number of Portions: 16
 Size of Portion: 1/2 cup

| | | |
|---|--------------------|--|
| 011109 CABBAGE,FRESH,RAW..... | 3 CUP, shredded | In a large bowl/container combine first 4 ingredients. Make dressing and pour over all ingredients. Cool immediately for at least 1 hour before serving. |
| 009003 APPLES,FRESH,W/SKIN..... | 1 1/2 CUP, chopped | |
| 011143 CELERY,FRESH,RAW..... | 1 CUP, diced | |
| 009269 PINEAPPLE,CANNED,LIGHT SYRUP..... | 2 CUP, tidbits | |
| | | Salad Dressing: Combine salad dressing and pineapple juice. Pour over mixture. |
| 004622 SALAD DRSG,MAYO TYPE,RED CAL-COMMOD. | 4 OZ | |
| 009273 PINEAPPLE JUICE,CANNED,UNSWEETENED.... | 6 TBSP | |

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|--------|--------|---------------------|
| Calories | 49 | Iron | 0.29 Mg | Protein | 0.45 G | 3.73% | Calories from Prot |
| Cholesterol | 3 Mg | Calcium | 15.99 Mg | Carbohydrates | 9.21 G | 75.77% | Calories from Carb |
| Sodium | 72 Mg | Vitamin A | 78 IU | Total Fat | 1.44 G | 26.62% | Calories from T Fat |
| Dietary Fiber | 1.04 G | Vitamin C | 7.99 Mg | Saturated Fat | 0.23 G | 4.22% | Calories from S Fat |

Miscellaneous

Meat/Alt oz.
 Grain/Bread srv.
 F/V/J cup
 Milk fl. oz.

Moisture & fat Change
 Moisture Change %
 Fat Change %
 Type of Fat:

Recipe Details:

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|-------|--------------------------|---------|---------|-------|
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