

# Coleslaw with Butter Buds®

**Group: Salad**

Number of Portions: 34

Size of Portions: 1/2 Cup



## INGREDIENTS

## MEASURE

Green Cabbage, Chopped	12 Cups
Sweet Onion, Chopped	1 Cup
Red Pepper, Chopped	2 Cups
Carrots, Grated	2 Cups
Cilantro, Fresh, Chopped	1/4 Cup
Sugar	3 Tbsp.
White Wine Vinegar	3 Tbsp.
Canola Oil	3 Tbsp.
Butter Buds, Dry	2 tsp.
Mrs. Dash® Salt Free Seasoning	1 tsp.

## PREPARATIONS

Combine cabbage, onion, red pepper, carrots and cilantro in a large bowl. Stir to mix together.

Combine sugar, white wine vinegar, canola oil, Butter Buds and Mrs. Dash together in a small bowl. Whisk to blend.

Pour dressing over cabbage mixture and stir together.

## Nutritional Information

Nutrients are based upon 1 Portion Size: 1/2 Cup

<b>Calories</b>	31 kcal	<b>Cholesterol</b>	0.00 mg	<b>Protein</b>	0.60 g	<b>Calcium</b>	16.41 mg	37.63% Calories from Total Fat
<b>Total Fat</b>	1.31 g	<b>Sodium</b>	15.14 mg	<b>Vitamin A</b>	237.53 RE	<b>Iron</b>	0.22 mg	2.91% Calories from Saturated Fat
<b>Saturated Fat</b>	0.10 g	<b>Carbohydrate</b>	4.64 g	<b>Vitamin A</b>	1400.42 IU	<b>Water<sup>1</sup></b>	46.94 g	0.00%* Calories from Trans Fat
<b>Trans Fat<sup>1</sup></b>	0.01 g	<b>Dietary Fiber</b>	2.70 g	<b>Vitamin C</b>	23.44 mg	<b>Ash<sup>1</sup></b>	0.32 g	59.16% Calories from Carbohydrates
								7.69% Calories from Protein

### Allergens

Contains milk

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

