



Magenta Root Slaw

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¼ cup

Amount per Serving	
Calories	36 kcal
Protein	0.52 g
Carbohydrate	8.90 g
Total Fat	0.10 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Vitamin A	2833.36 IU
Vitamin C	5.04 mg
Iron	0.25 mg
Calcium	19.47 mg
Sodium	45.28 mg
Dietary Fiber	1.56 g

EQUIVALENTS: ¼ cup provides ¼ cup additional vegetable.

Recipe HACCP Process: #1 No Cook



Magenta Root Slaw • 64 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Fresh ginger	2 oz		1 Peel and chop ginger. Pulse in a food processor fitted with a steel blade until ground.
Carrots	2 lb 6 oz		2 Trim and peel carrots, beets and parsnips. Shred in a food processor fitted with a shredding disc, or by hand.
Beets	2 lb 4 oz		
Parsnips	2 lb 4 oz		
Honey		¾ cup	3 Whisk together honey, lemon juice and salt in a large bowl. Add the shredded vegetables and toss to combine.
Lemon juice (fresh or bottled)		9 Tblsp	
Kosher salt		1 tsp	

NOTES

