

# Beacon City School District

001085 - Magenta Root Slaw : Vermont FTS	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 15 Size of Portion: 1/2 cup Alternate Recipe Name: Magenta Root Slaw				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011216 GINGER ROOT,RAW...	1 oz	Peel and chop ginger - then process in food processor until fine mince Trim and peel carrots, beets, parsnips shred in food processor fitted with shredding disk Wisk together - honey, lemon juice and salt add to shredded vegetables and toss to combine
011124 CARROTS,RAW.....	1 lb + 4 ozs	
011080 BEETS,RAW.....	1 lb + 4 ozs	
011298 PARSNIPS,RAW.....	1 lb + 4 ozs	
009152 LEMON JUICE,RAW.....	1/4 cup	
002047 SALT, TABLE.....	1/2 tsp	
019296 HONEY.....	1/3 cup + 2 tsp	
		Service is 1/4 cup for tasting

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	88 kcal	Cholesterol	0 mg	Sugars	13.3 g	Calcium	33.23 mg	2.98%	Calories from Total Fat
Total Fat	0.29 g	Sodium	137 mg	Protein	1.49 g	Iron	0.69 mg	0.48%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	21.63 g	Vitamin A	6327.5 IU	Water <sup>1</sup>	103.23 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.04 g	Vitamin C	12.2 mg	Ash <sup>1</sup>	1.38 g	98.04%	Calories from Carbohydrates
								6.74%	Calories from Protein

\*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  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.