

CABBAGE (FRESH)

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
33 cal	7 g	2 g	0 g	0 mg	99 mg	67 mg

Ingredient

WATER
 SALT
 CABBAGE, GREEN, FRESH, CHOPPED

Weight

37-5/8 lbs
 5/8 oz
 30 lbs

Measure

4 gal 2 qts
 1 tbsp
 12 gal 5/8 qts

Issue

37-1/2 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add cabbage; bring water back to a boil. Cover; cook cabbage for 10 minutes.
- 4 Place cabbage in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.