

Sauteed Cabbage

Q-012-00
Vegetables

Color Code: Green
Sodium: Moderate

Yield: 100 Portions

Each Portion: ¾ cup (2-¾ oz)

Pan Size and Number: Griddle

Temperature: 350°F (177°C)

Time: 4 to 5 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
CABBAGE, GREEN, SHREDDED	9 gal + 3 qt	22 lb 10 oz	26 lb 4 oz
OIL, CANOLA	2-¾ cup	1 lb 5 oz	
SALT	¼ cup	2-½ oz	
PEPPER, BLACK, GROUND	1 tbsp	0.24 oz	

DIRECTIONS

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. On a preheated 350°F (177°C) griddle, add the cabbage, oil, salt and pepper. Toss to evenly distribute oil and spices.
3. Cook cabbage for 4 to 5 minutes or until cabbage is lightly browned and slightly wilted but still has a tender texture. CCP: Internal temperature must reach 135°F (57°C). Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	80
Carbohydrates	6 g
Sugars*	4 g
Protein	1 g
Fat	6 g
Saturated Fat	0.5 g
Cholesterol	0 mg

Sodium 299 mg

Calcium 44 mg

Fiber 2.7 g



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