

Sautéed Cabbage



Vegetable

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw Cabbage	18 lbs.	9 medium heads	36 lbs.	18 medium heads	1. Preheat oven to 450 °F. 2. Cut the cabbages in half and with cut-side down, slice as thinly as possible around the core, as though you were making coleslaw. Discard the core. 3. Cut butter into cubes and distribute evenly among roasting pans. Spread the cabbage out as evenly as possible and sprinkle with salt and pepper. Roast in oven for 35 minutes tossing with tongs halfway through. CCP: For hot service hold at 135 °F or higher.
Ground black pepper		4 1/3 tsp		8 2/3 tsp	
Salt		1 tsp		2 tsp	
Unsalted butter		8 Tbsp		16 Tbsp	

Serving	Yield	Volume
1 cup of Cabbage (1 serving provides 1 cup of vegetables)	50 Servings: 50 cups	50 Servings: 3 roasting pans (18" x 26" x 3 1/8")
	100 Servings: 100 cups	100 Servings: 6 roasting pans (18" x 26" x 3 1/8")

Nutrients Per Serving			
Calories	53	Saturated Fat	0.83 g
Protein	2.19 g	Cholesterol	2.37 mg
Carbohydrate	9.61 g	Vitamin A	199.29 IU
Total Fat	1.40 g	Vitamin C	59.82 mg
		Iron	0.80 mg
		Calcium	67.5 mg
		Sodium	309.32 mg
		Dietary Fiber	4.14 g