

Old Fashioned Sweet-Sour Cole Slaw

Brookville Hotel - Brookville, KS
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4
1 1/3 pounds shredded green cabbage
1 teaspoon salt
2/3 cup sugar
1/3 cup cider vinegar
1 cup heavy cream

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Place the cabbage in a covered dish in the refrigerator for several hours.

Thirty minutes before serving, In a bowl, mix well the salt and sugar. Add the vinegar, mix well. Add the cream. Mix well..

Combine with the cabbage.

Chill and serve.

Per Serving (excluding unknown items): 336 Calories; 22g Fat (57.2% calories from fat); 1g Protein; 36g Carbohydrate; 0g Dietary Fiber; 82mg Cholesterol; 556mg Sodium. Exchanges: 0 Non-Fat Milk; 4 1/2 Fat; 2 1/2 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	336	Vitamin B6 (mg):	trace
% Calories from Fat:	57.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	41.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	22g	Folacin (mcg):	2mcg
Saturated Fat (g):	14g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	82mg	% Refuse:	0 0%
Carbohydrate (g):	36g		
Dietary Fiber (g):	0g	Food Exchanges	
Protein (g):	1g	Grain (Starch):	0
Sodium (mg):	556mg	Lean Meat:	0
		Vegetable:	0

Potassium (mg): 65mg
Calcium (mg): 43mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 875IU
Vitamin A (r.e.): 250 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 2 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 336 Calories from Fat: 192

% Daily Values*

Total Fat	22g	34%
Saturated Fat	14g	69%
Cholesterol	82mg	27%
Sodium	556mg	23%
Total Carbohydrates	36g	12%
Dietary Fiber	0g	0%
Protein	1g	

Vitamin A	17%
Vitamin C	1%
Calcium	4%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.