

# Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh broccoli	1 lb 11 oz	2 qt 2 cups	3 lb 6 oz	1 gal 1 qt	1. Wash broccoli. Cut heads into florets. Dice stems. 2. Combine lowfat mayonnaise, sugar, vinegar, and milk. Mix well. Add to diced broccoli.
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups	
Sugar	4 oz	1/2 cup	8 oz	1 cup	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing.
White vinegar		1 Tbsp		2 Tbsp	
Lowfat milk		1 Tbsp		2 Tbsp	
Raisins	10 oz	1 3/4 cups 2 Tbsp	1 lb 3 oz	3 3/4 cups	4. Chill before serving. (For best results, chill for at least 2 hours before serving.) Refrigerate until ready to serve.
Walnuts, chopped (optional)	4 oz	3/4 cup 3 Tbsp	8 oz	1 3/4 cups 3 Tbsp	
Red onions, sliced (optional)		1/4 cup	3 oz	1/2 cup	

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 3 Tbsp of vegetable and fruit	<b>25 Servings:</b> 2 lb 13 oz <b>50 Servings:</b> 5 lb 10 oz	<b>25 Servings:</b> 2 qt 2 cups <b>50 Servings:</b> 1 gal 1 qt

Nutrients Per Serving			
<b>Calories</b>	78	<b>Saturated Fat</b>	.4 g
<b>Protein</b>	1 g	<b>Cholesterol</b>	2 mg
<b>Carbohydrate</b>	16 g	<b>Vitamin A</b>	39 RE/387 IU
<b>Total Fat</b>	1.9 g	<b>Vitamin C</b>	24 mg
		<b>Iron</b>	.5 mg
		<b>Calcium</b>	18 mg
		<b>Sodium</b>	54 mg
		<b>Dietary Fiber</b>	1 g