



Broccoli

SALAD

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MEAL PATTERN CONTRIBUTION

- ¼ M/MA
- ½ cup vegetables

YIELD

- 25 Servings

PORTION

- ½ cup broccoli salad

INGREDIENTS

- Fresh Broccoli (salad bar cut) (2 lbs. 7 oz.)
- Red onion, diced ¼" (4 oz.)
- Dry cranberries (5 oz.)
- Sunflower seeds (2.5 oz.)
- Yoplait® ParfaitPro® yogurt low-fat vanilla (2 lbs.)
- White distilled vinegar (5 oz.)
- Sugar, granulated (3 oz.)
- Low-fat mayonnaise (1 cup)
- Milk, skim (½ cup)

PREPARATION

1. Combine broccoli, onion, cranberries, sunflower seeds.
2. Combine yogurt, vinegar, sugar, mayonnaise and milk. Blend until all ingredients until smooth.
3. Add dressing to broccoli mixture. Toss well until the salad is well coated.
4. Hold at 41 °F or less. (CCP)
5. Serve ½ cup portion.

Nutrients Per Serving

Calories: 131 kcal	Carbs: 20 g	Sat Fat: 1 g	Vitamin A: 1506 IU	Iron: 0.55 mg	Sodium: 127 mg
Protein: 3 g	Total Fat: 4.5 g	Cholesterol: 1 mg	Vitamin C: 41 mg	Calcium: 63 mg	Dietary Fibers: 1.6 g