

Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing	8 oz	1 cup	1 lb	2 cups	1. Dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well.
OR Lowfat mayonnaise	OR 8 oz	OR 1 cup	OR 1 lb	OR 2 cups	
Sugar	4 oz	½ cup	8 oz	1 cup	
White vinegar		1 Tbsp		2 Tbsp	
Lowfat 1% milk		1 Tbsp		2 Tbsp	
*Fresh broccoli, chopped	1 lb 1 oz	1 qt 1 ½ cups	2 lb 2 oz	2 qt 3 cups	2. Add dressing to chopped broccoli.
Raisins	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 2 lb 8 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 Servings, use 2 pans.
Walnuts, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 3 Tbsp	
Red onions, sliced (optional)		¼ cup	3 oz	½ cup	
					4. CCP: Refrigerate within 1 hour. Hold at 40° F or colder.
					Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving.
					Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Broccoli	1 lb 5 oz	2 lb 10 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 2 lb 8 oz	25 Servings: 1 quart 2 ¼ cups 1 pan
	50 Servings: 5 lb	50 Servings: 3 quarts ½ cup 2 pans

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Tested 2004

Nutrients Per Serving

Calories	89	Saturated Fat	0.45 g	Iron	0.45 mg
Protein	1.02 g	Cholesterol	3 mg	Calcium	16 mg
Carbohydrate	16.55 g	Vitamin A	304 IU	Sodium	83 mg
Total Fat	2.74 g	Vitamin C	18.3 mg	Dietary Fiber	1.0 g