

# Broccoli Salad

Recipe Component: Vegetable/ fruit

Recipe Category: Side Dish

Recipe #

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
*Broccoli, washed and trimmed	6 lb				1. Cut florets into small bite-sized pieces. If serving to children under 6, steam until soft.  2. Trim and peel onion. Cut into small dice.  3. May use food processor to chop raisin if serving children under 6.  4. Whisk mayonnaise, vinegar and sugar in a large bowl  5. Add the broccoli, onion and raisins.  Cover. Refrigerate until ready to serve.  CCP: Refrigerate immediately.  Hold at 40° F or colder.  Mix lightly before serving
Red onion		1 medium			
Reduced-fat mayonnaise	1 lb	1 qt			
Cider vinegar		1/2 cup			
Granulated sugar		1/4 cup			
Raisins (omit or chop for children under 6 )	1 lb 8 oz	1 qt 1/2 cup			

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## Notes:

Estimated weight of 50 servings for Food Processor Analysis = 9 lbs

Nutrient information calculate using Food Processor.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Broccoli	7 lb 13 oz	15 lb 8 oz

**Serving: 1/2 cup provides 3/8 cup vegetable, 1/8 cup fruit**

**Yield:**

**Volume:**

1-2 years: 1/4 cup

**50 Servings:**

**50 Servings:** About 1 gal 2 qt 1 cup

3-5 years: 3/8 cup

**100 Servings:**

**100 Servings:** About 3 gal 2 cup

6-18 years: 2/3 cup

## Nutrients Per Serving

<b>Calories</b>	97.50	<b>Saturated Fat</b>	0.52 g	<b>Iron</b>	0.86 mg
<b>Protein</b>	2.02 g	<b>Cholesterol</b>	2.99 mg	<b>Calcium</b>	33.61 mg
<b>Carbohydrate</b>	14.54 g	<b>Vitamin A</b>	82.37 RAE mcg	<b>Sodium</b>	90.89 mg
<b>Total Fat</b>	3.82 g	<b>Vitamin C</b>	50.89 mg	<b>Dietary Fiber (2016)</b>	1.97 g