

Broccoli Salad

Component: Vegetable/ fruit

Recipe Category: Side Dish

Recipe #

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
*Broccoli, washed and trimmed	6 lb				<p>1. Cut florets into small bite-sized pieces. If serving to children under 6, steam until soft.</p> <p>2. Trim and peel onion. Cut into small dice.</p> <p>3. May use food processor to chop raisin if serving children under 6.</p> <p>4. Whisk mayonnaise, vinegar and sugar in a large bowl</p> <p>5. Add the broccoli, onion and raisins.</p> <p>Cover. Refrigerate until ready to serve.</p> <p>CCP: Refrigerate immediately.</p> <p>Hold at 41° F or colder.</p> <p>Mix lightly before serving</p>
Red onion (optional)		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: varies

100 Servings:

100 Servings: About 3 gal 2 cup

6-18 years: varies

Nutrients Per Serving

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