

# Broccoli Salad

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<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44023
<b>School:</b>	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	9 Gallon 1 Quart 1 Pint (150 Cup)		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)		42158

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	42.00		
<b>Fat</b>	2.40g		
<b>SaturatedFat</b>	0.41g		
<b>Trans Fat</b>	0.00g**		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	279.93mg		
<b>Carbohydrates</b>	4.87g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.33g		
<b>Vitamin A</b>	20.10IU	<b>Vitamin C</b>	0.89mg
<b>Calcium</b>	11.27mg	<b>Iron</b>	0.09mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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No 100g Conversion Available

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