

Broccoli Salad



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48443

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS	16 Pound		704547
DRIED CHERRIES PREMIUM	1 Pound		741940
SEED SUNFLWR RSTD SLTD	3 Ounce		337910
VINEGAR APPLE CIDER 5	3/4 Cup		430795
SUGAR BROWN LT	1/2 Quart		860311
MAYONNAISE LT	2 Quart	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
YOGURT PLN L/F SWTND	2 1/2 Pound		266396
SALT SEA	1 1/2 Teaspoon		748590

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REST GRIND	2 Teaspoon		225061

Preparation Instructions

For dressing:

Combine yogurt, mayonnaise, sugar, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside

Combine broccoli, sunflower seeds and dried cherries in a bowl. Toss lightly. Pour over dressing and mix well until coated.

Divide mixture into shallow full-size hotel pans by transferring about 1 gallon (about 5 pounds) mix to a steam table pan (12" x 20" x 2½").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Cover. Refrigerate until service.

Portion with No. 8 scoop (½ cup).

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	159.26
Fat	4.00g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	26.59mg
Sodium	251.14mg
Carbohydrates	29.17g
Fiber	2.61g
Sugar	16.19g
Protein	3.76g
Vitamin A	544.28IU
Vitamin C	77.94mg
Calcium	77.92mg
Iron	0.78mg

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

Nutrition - Per 100g

Calories	140.44		
Fat	3.52g		
SaturatedFat	0.32g		
Trans Fat	0.00g		
Cholesterol	23.45mg		
Sodium	221.47mg		
Carbohydrates	25.73g		
Fiber	2.30g		
Sugar	14.28g		
Protein	3.31g		
Vitamin A	479.97IU	Vitamin C	68.73mg
Calcium	68.71mg	Iron	0.69mg

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