

# Broccoli Salad



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44023
School:	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 1/8 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

No 100g Conversion Available