

# Broccoli Salad

user-image or type unknown

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	150 Cup		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	18 Cup 12 Tablespoon (300 Tablespoon)		42158

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		42.00	
Fat		2.40g	
Saturated Fat		0.41g	
Trans Fat		0.00g**	
Cholesterol		0.00mg	
Sodium		279.93mg	
Carbohydrates		4.87g	
Fiber		0.00g	
Sugar		1.00g	
Added Sugar		0.00g	
Protein		0.33g	
Vitamin A	20.10mcg	Vitamin C	0.89mg
Calcium	11.27mg	Iron	0.09mg

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

## Nutrition - Per 100g

---

No 100g Conversion Available

---