

Broccoli salad USDA



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52809
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	150 cup, chopped or diced		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	12 Tablespoon		42158

Preparation Instructions

Combine chopped Broccoli with creamy dressing and mix well

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