

Broccoli Slaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	16 Cup	1 bag or 5lbs	732478
DRESSING COLE SLAW	2 1/2 Cup		281476
RAISIN SELECT	1 1/2 Cup		105686
CARROT MATCHSTICK	2 Cup		198161
RED ONION	1 Cup	Thinly sliced	15N63

Preparation Instructions

Rise and Blanch broccoli

Cut blanched broccoli into bite-sized florets. In a large mixing bowl, add broccoli, shredded carrots, and green onions.

Gently toss to distribute ingredients evenly.

Stir in raisins (or halved red grapes if substituting).

Pour the coleslaw dressing over the salad mixture.

Toss gently but thoroughly to coat all ingredients.

Cover and chill for at least 1 hour before serving for best flavor and texture.

Portion ½ cup per serving. Ensure each portion includes vegetables and fruit.

Updated 7.31.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.250
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	100.24
Fat	6.16g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	6.00mg
Sodium	164.52mg
Carbohydrates	11.13g
Fiber	2.17g
Total Sugar	6.95g
Added Sugar	2.40g
Protein	1.56g
Vitamin A 1521.78mcg RAE	Vitamin C 0.55mg
Calcium 26.80mg	Iron 0.48mg

Nutrition - Per 100g

Calories	342.92
Fat	21.07g
Saturated Fat	3.42g
Trans Fat	0.00g
Cholesterol	20.53mg
Sodium	562.85mg
Carbohydrates	38.09g
Fiber	7.43g
Total Sugar	23.77g
Added Sugar	8.21g
Protein	5.33g
Vitamin A 5206.22mcg RAE	Vitamin C 1.90mg
Calcium 91.68mg	Iron 1.63mg