



825166 - Broccoli Salad w/ Carrots

Source: Farm to School

Number of Portions: 25

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825093 Mayonnaise, RedCal, gal, Dukes 06073... 002048 VINEGAR,CIDER..... 019335 SUGARS,GRANULATED..... 002047 SALT, TABLE.....	3/4 cup 1/4 cup 1/4 cup 1 tsp	CCP: No bare hand contact with ready to eat food. In a bowl whisk together mayonnaise, apple cider vinegar, sugar, and salt. Set aside for next step.
011090 BROCCOLI,RAW..... 011124 CARROTS,RAW.....	4 LBS (florets) 6 OZS (shredded)	CCP: No bare hand contact with ready to eat food. Rinse broccoli crowns under running water. Drain in a colander or perforated pan. Using a chef's knife, rough chop into ½ inch pieces. Note: 6 lbs. of broccoli crowns yields 4 lbs. of broccoli pieces. Stems may be reserved for soups or shred for use in salads. Weigh shredded carrots and add with prepared broccoli pieces to the bowl with dressing. Toss lightly until vegetables are well coated.
		Transfer the salad to 2 inch full size pans and place in the refrigerator to chill. Just before service stir salad again to redistribute the dressing. Serve using number 8 disher or 4 ounce spoodle. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	60 kcal	Cholesterol	5 mg	Sugars	3.6 g	Calcium	36.60 mg	40.43%	Calories from Total Fat
Total Fat	2.68 g	Sodium	175 mg	Protein	2.11 g	Iron	0.56 mg	4.08%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	7.99 g	Vitamin A	1636.8 IU	Water ¹	*73.05* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.08 g	Vitamin C	65.1 mg	Ash ¹	*0.94* g	53.46%	Calories from Carbohydrates
								14.12%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.