



## 825010 - Broccoli Salad w/ Cranberries

Source: K12 Culinary

Number of Portions: 43

Size of Portion: 1/2 cup

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Dark Green

### Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
011090 BROCCOLI,RAW..... 009079 CRANBERRIES,DRIED,SWTND.....	3 LBS (florets) 3 cups	Weigh pre-cut, prewashed broccoli florets, and cut broccoli florets into half inch pieces. Place 3 lb in two inch full size perforated pan and blanch for 45 seconds to 1 minute (times may vary). (Refer to video on blanching vegetables for more information.) <b>CCP: Cool to 41° F or lower within 4 hours.</b>
825093 Mayonnaise, RedCal, gal, Dukes 06073..... 019335 SUGARS,GRANULATED..... 002048 VINEGAR,CIDER..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT...	3 1/2 cups 3/4 cup 1/3 cup 3 Tbsp	Combine mayonnaise, sugar, vinegar, and milk in a large bowl or container. Using a whisk, mix until combined.
		Combine chopped broccoli and dried cranberries. Pour salad dressing over mixture and use a spatula to coat pieces. Note: For best quality, combine dressing with broccoli as close to time of service as possible. <b>CCP: Hold at 41° F or lower.</b>
		Serve ½ c using a no. 8 disher or 4 fl oz spoodle. <b>CCP: Hold and Serve at 41° F or lower.</b>

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

Calories	116 kcal	Cholesterol	13 mg	Sugars	10.2 g	Calcium	18.43 mg	52.06%	Calories from Total Fat
Total Fat	6.73 g	Sodium	148 mg	Protein	0.94 g	Iron	0.27 mg	5.42%	Calories from Saturated Fat
Saturated Fat	0.70 g	Carbohydrates	13.99 g	Vitamin A	201.5 IU	Water <sup>1</sup>	*32.28* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.27 g	Vitamin C	28.2 mg	Ash <sup>1</sup>	*0.30* g	48.10%	Calories from Carbohydrates
								3.24%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p><sup>1</sup> - denotes optional nutrient values</p> <p><sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									