



# Broccoli Salad

## USDA Recipe for CACFP

Our Broccoli Salad combines fresh broccoli and red onions in a slightly sweet creamy dressing.

### CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat mayonnaise	1 lb	1 ½ cups	2 lb	3 cups	<b>1</b> Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.
Sugar	8 oz	1 cup	1 lb	2 cups	
White vinegar		¼ cup		½ cup	
Low-fat (1%) milk		⅓ cup		⅔ cup	
*Fresh broccoli, florets	2 lb	3 qt 2¼ cups	4 lb	1 gal 3 qt ½ cup	<b>2</b> Combine broccoli, walnuts (optional), onions, and dried cranberries in a large bowl. Toss lightly.
(Optional) Walnuts, chopped	8 oz	2 cups	1 lb	1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh red onions, diced	3 oz	½ cup 1 Tbsp 1 tsp	6 oz	1 cup 2 Tbsp 2 tsp	
Dried cranberries	8 oz	1½ cups 1 Tbsp 2 tsp	1 lb	3 cups 3 Tbsp 1 tsp	
					<b>3</b> Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.
					<b>4</b> Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2½").  For 25 servings, use 1 pans. For 50 servings, use 2 pans.
					<b>5</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
					<b>6</b> Critical Control Point: Hold at 40 °F or below.
					<b>7</b> Portion with No. 8 scoop (½ cup).



**NUTRITION INFORMATION**

For ½ cup (No. 8 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>107</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	6 mg
<b>Sodium</b>	<b>170 mg</b>
<b>Total Carbohydrate</b>	<b>22 g</b>
Dietary Fiber	2 g
Total Sugars	18 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
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Vitamin D	2 IU
Calcium	23 mg
Iron	0 mg
Potassium	128 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature red onions	4 oz	8 oz
Broccoli	2 lb	4 lb

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #1: No Cook.

**YIELD/VOLUME**

25 Servings	50 Servings
About 4 lb 8 oz About 2 qt 1 cup/1 steam table pan (12" x 20" x 2½")	About 9 lb About 1 gal 2 cups/2 steam table pans (12" x 20" x 2½")

