

Broccoli Salad

Our Broccoli Salad combines fresh broccoli, dried cranberries, and red onions in a light, fruity dressing.

CACFP Crediting Information:

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



Preparation Time: 20 minutes
Makes: 6 servings

Ingredients

4 oz or ½ cup mayonnaise, low-fat
2 Tbsp granulated sugar
2 Tbsp apple juice
1 Tbsp vinegar, white
8 oz or 1 qt broccoli, florets, fresh, trimmed
2 oz or ¼ cup sunflower seeds (optional)
1 oz or ¼ cup cranberries, dried, sweetened, whole
¾ oz or 1 ½ Tbsp onion, red, fresh, diced

Directions

- 1 To make the dressing, combine mayonnaise, sugar, apple juice, and vinegar in a large mixing bowl. Stir well.
- 2 Add broccoli, sunflower seeds (if using), dried cranberries, and red onion to the bowl with the dressing. Gently mix until the dressing is evenly distributed.
- 3 Transfer broccoli salad to a serving bowl. Refrigerate until time to serve.
Critical Control Point:
Cool to 40 °F or lower within 4 hours.
Hold at 40 °F or below.
- 4 Portion with No. 8 scoop (½ cup).

NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

NUTRIENTS	AMOUNT
Calories	113
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	156 mg
Total Carbohydrate	13 g
Dietary Fiber	1 g
Total Sugars	10 g
Added Sugars	7 g
Protein	1 g
Vitamin A	12 RAE
Vitamin C	34 mg
Calcium	19 mg
Iron	0 mg

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Optional Ingredients are not included in recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.

Source:

USDA Standardized Recipe Project — 2025