



Broccoli Salad

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

Preparation Time: 20 minutes

NSLP/SBP Crediting Information:

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Mayonnaise, low-fat	2 lbs	3 cups	4 lbs	1 qt 2 cups	1 Dressing: Combine mayonnaise, sugar, apple juice, and vinegar in a medium bowl. Stir well. Set aside for step 3.
Sugar, granulated	8 oz	1 cup	1 lb	2 cups	
Juice, apple	6 oz	¾ cup	12 oz	1 ½ cup	
Vinegar, white	4 oz	½ cup	8 oz	1 cup	
*Broccoli, florets, fresh, trimmed	4 lbs	1 gal 3 qts ½ cup	8 lbs	3 gal 2 qts 1 cup	2 Combine broccoli, sunflower seeds (optional), dried cranberries, and onions in a large bowl. Toss lightly.
Sunflower seeds (Optional)	1 lb	1 qt	2 lbs	2 qts	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cranberries, dried, sweetened, whole	8 oz	1 ½ cup	1 lb	3 cups	
*Onion, red, fresh, diced	6 oz	1 ½ cup	12 oz	3 cups	
					3 Pour dressing over vegetable mixture. Gently mix until dressing is evenly distributed.
					4 Transfer broccoli salad to a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Critical Control Point: Cool to 41 °F or lower within 4 hours. Hold at 41 °F or below.
					5 Portion with No. 8 scoop (½ cup).





NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

NUTRIENTS

AMOUNT

Calories **93**

Total Fat **5 g**

Saturated Fat 1 g

Cholesterol **0 mg**

Sodium **115 mg**

Total Carbohydrate **12 g**

Dietary Fiber 1 g

Total Sugars 9 g

Added Sugars 7 g

Protein **1 g**

Vitamin A 12 RAE

Vitamin C 33 mg

Calcium 19 mg

Iron 0 mg

Source:

USDA Standardized Recipe Project — 2025

*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Onions, mature, fresh, red	8 oz	1 lb
Broccoli, fresh, florets	4 lbs	8 lbs

NOTES

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

The food safety temperatures are based on the FDA Food Code. Some information included 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.

Cooking Process #1: No cook.

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

YIELD/VOLUME

50 Servings	100 Servings
About 7 lbs 14 oz	About 15 lbs 12 oz
About 1 gal 3 qts 3 ½ cups/ 2 steam table pans (12" x 20" x 2 ½").	About 3 gal 3 qts 3 cups/4 steam table pans (12" x 20" x 2 ½").

