

Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing	2 lb	1 qt	4 lb	2 qt	1. For dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well.
OR	OR	OR	OR	OR	
Lowfat mayonnaise	2 lb	1 qt	4 lb	2 qt	
Sugar	1 lb	2 cups	2 lb	1 qt	
White vinegar		¼ cup		½ cup	
Lowfat 1% milk		¼ cup		½ cup	
*Fresh broccoli, florets	3 lb 8 oz	1 gal 2 ¼ qt	7 lb	3 gal 2 cups	2. Cut broccoli into bite-size pieces. Add dressing.
Raisins	2 lb 4 oz	1 qt 3 ¼ cups	4 lb 8 oz	3 qt 2 ½ cups	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 4 lb 9 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Walnuts, chopped (optional)	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
*Fresh red onions, sliced (optional)	6 oz	1 cup	12 oz	2 cups	4. CCP: Cool to 41° F or lower within 4 hours.
					Cover. Refrigerate until service.
					5. Portion with No. 8 scoop (½ cup).

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Broccoli	4 lb 6 oz	8 lb 12 oz
Mature onions	7 oz	14 oz

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ½ cup of vegetable and fruit.	50 Servings: about 9 lb 2 oz	50 Servings: about 1 gallon 2 ¼ quarts 2 pans
	100 Servings: about 18 lb 4 oz	100 Servings: about 3 gallons 2 cups 4 pans

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Tested 2004

Nutrients Per Serving					
Calories	154	Saturated Fat	0.61 g	Iron	0.82 mg
Protein	1.77 g	Cholesterol	7 mg	Calcium	29 mg
Carbohydrate	31.06 g	Vitamin A	503 IU	Sodium	172 mg
Total Fat	3.67 g	Vitamin C	30.3 mg	Dietary Fiber	2.0 g