

SALADS, SALAD DRESSINGS, AND RELISHES No.M 504 00

BROCCOLI SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
266 cal	33 g	4 g	15 g	6 mg	129 mg	51 mg

Ingredient

BROCCOLI,FRESH,BUNCH
 SALAD DRESSING,MAYONNAISE TYPE
 SUGAR,GRANULATED
 VINEGAR,DISTILLED
 MILK,NONFAT,DRY
 WATER
 RAISINS
 WALNUTS,SHELLED,HALVES AND PIECES
 ONIONS,FRESH,CHOPPED

Weight

13-1/2 lbs
 4 lbs
 1-3/4 lbs
 4-1/8 oz
 1/4 oz
 4-1/8 oz
 4-3/4 lbs
 2-1/8 lbs
 11-1/4 oz

Measure

2 qts
 1 qts
 1/2 cup
 1 tbsp
 1/2 cup
 3 qts 3 cup
 2 qts
 2 cup

Issue

22-1/8 lbs

 12-1/2 oz

Method

- 1 Cut broccoli heads into florets. Dice stems.
- 2 Reconstitute milk. Combine fat free salad dressing, sugar, vinegar, and milk. Mix well. Add to broccoli.
- 3 Add raisins, walnuts (optional), and onions to broccoli mixture. Stir to coat all pieces with dressing.
- 4 CCP: Refrigerate product at 41F. or lower. Hold for service at 41 F. or lower.