



# Broccoli

SALAD

This recipe was developed in partnership with



# Sizing Prep Report

American Dairy Association North East

## 990095 - Broccoli Cranberry Salad - Creamy

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: .5

| Ingredient # | Ingredient Name                              | Measurements        | Instructions   |
|--------------|--|---------------------|--|
| 051543       | Yogurt, High-Protein, Vanilla, Tubs          | 10 (0.5 CUP)        | <p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Combine to make the dressing.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p> |
| 002053       | VINEGAR,DISTILLED                            | 1 1/4 CUP           |  |
| 019335       | SUGARS,GRANULATED                            | 3 tbsp + 1 TSP      |  |
| 043355       | MAYONNAISE,LO NA,LO CAL OR DIET              | 2 CUP + 1 TBSP      |  |
| 042290       | MILK,FLUID,NONFAT,CA FORT (FAT FREE OR SKIM) | 1 CUP + 1/2 tbsp    |  |
| 011090       | BROCCOLI,RAW                                 | 5 LB (chopped)      | <p>Mix the vegetables,cranberries and seeds into the dressing. Toss well until the salad is well coated.</p> <p>Use a 4 oz. Spoodle to portion for meal service.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>  |
| 799908       | ONIONS,RED,RAW                               | 2 1/2 CUP (chopped) |  |
| 799969       | CRANBERRIES, DRIED                           | 2 1/2 CUP (CHOPPED) |  |
| 012037       | SUNFLOWER SD KRNL,DRY RSTD,WO/SALT           | 5 OZ                |  |
|              |  |                     |  |

\*Nutrients are based upon 1 Portion Size (.5)

|                            |              |                        |           |                     |            |           |            |                                     |
|----------------------------|--------------|------------------------|-----------|---------------------|------------|-----------|------------|-------------------------------------|
| Calories <sup>1</sup>      | 101.262 kcal | Total Fat              | 3.539 g   | Total Dietary Fiber | 1.930 g    | Vitamin C | 41.144 mg  | 31.453% Calories from Total Fat     |
| Saturated Fat <sup>1</sup> | 0.517 g      | Trans Fat <sup>2</sup> | *0.000* g | Protein             | 4.116 g    | Iron      | 0.487 mg   | 4.595% Calories from Sat Fat        |
| Sodium <sup>1</sup>        | 37.594 mg    | Cholesterol            | 3.342 mg  | Vitamin A           | 306.571 IU | Water     | *63.880* g | *0.000%* Calories from Trans Fat    |
| Sugars                     | *4.930* g    | Carbohydrate           | 14.775 g  | Calcium             | 62.008 mg  | Ash       | *N/A* g    | 58.361% Calories from Carbohydrates |
| Moisture Change            | 0.000 %      | Fat Change             | 0.000 %   | Portion Cost        | \$0.000    |           |            | 16.259% Calories from Protein       |
| Type of Fat                | -            |                        |           |                     |            |           |            |                                     |

### Components

|               |       |       |       |       |     |           |        |      |     |
|---------------|-------|-------|-------|-------|-----|-----------|--------|------|-----|
| Meat/Meat ALT | oz eq | Grain | oz eq | Fruit | cup | Vegetable | .5 cup | Milk | cup |
|---------------|-------|-------|-------|-------|-----|-----------|--------|------|-----|

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.