UC CE University of California Agriculture and Natural Resources

Try it "Tuesdays"

Broccoli Salad

Makes: 8 ½ cup servings

Preparation Time: 15-20 Minutes

Refrigeration time: 1 hour

Nutrition Facts

Serving Size 1/2 cup (139g)
Servings Per Container 8

Amount Per Serving	
Calories 220	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 370mg	**15%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 4g	**16%**
Sugars 16g	
Protein 8g	
Vitamin A 10% • Vitamin C 110%	
Calcium 6% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

½ cup low-fat mayonnaise

1/3 cup vinegar (rice or cider)

3 tablespoons suger

2 bunches broccoli

¼ onion

¾ cup raisins

¾ cup sunflower seeds

¼ cup real bacon bits

Directions

Mix mayonnaise, vinegar and sugar in a large bowl. Chop the broccoli and onion and add to bowl. Add raisins, sunflower seeds and bacon bits. Stir to combine. Refrigerate for at least 1 hour, then enjoy

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