

Department of Education

Recipe: 500039 BROCCOLI SALAD

Recipe Source: USDA E-17
 Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 1/2 CUP

004622 SALAD DRSG,MAYO TYPE,RED CAL-COMMOD... 019335 SUGARS,GRANULATED..... 002053 VINEGAR,DISTILLED..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 011090 BROCCOLI,RAW..... 009298 RAISINS,SEEDLESS.....	1 QT 1 LB 1/4 CUP 1/4 CUP 3 LB, chopped + 8 OZ, chopped 2 LB + 4 OZ	1. For dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well. 2. Cut broccoli into bite-size pieces. Add dressing. 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. 4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service. 5. Portion with No. 8 scoop (½ cup).									
		Food as Purchased <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Broccoli</td> <td style="text-align: center;">4 lb 6 oz</td> <td style="text-align: center;">8 lb 12 oz</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">7 oz</td> <td style="text-align: center;">14 oz</td> </tr> </table>		50 Servings	100 Servings	Broccoli	4 lb 6 oz	8 lb 12 oz	Mature onions	7 oz	14 oz
	50 Servings	100 Servings									
Broccoli	4 lb 6 oz	8 lb 12 oz									
Mature onions	7 oz	14 oz									
		Serving ½ cup (No. 8 scoop) provides ½ cup of vegetable and fruit.									

Calories	154	Iron	0.82 mg	Protein	1.76 g	4.58%	Calories from Prot
Cholesterol	7 mg	Calcium	29.00 mg	Carbohydrates	31.05 g	80.66%	Calories from Carb
Sodium	172 mg	Vitamin A	503.0 IU	Total Fat	3.67 g	21.42%	Calories from T Fat
Dietary Fiber	1.99 g	Vitamin A	100.6 RE	Saturated Fat	0.61 g	3.55%	Calories from S Fat
		Vitamin C	30.30 mq	Trans. Fat	N/A* g	%	Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® 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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.		Y - Milk	N - Peanut	
Grain/Bread.....	srv.		Y - Egg	N - Tree Nut	
F/V/J.....	0.500 cup			N - Fish	
Milk.....	fl. oz.			N - Shellfish	
				N - Soy	
				N - Wheat	
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050267	Broccoli Salad			
I	004622	SALAD DRSG,MAYO TYPE,RED CAL-COMMO			
I	019335	SUGARS,GRANULATED			
I	002053	VINEGAR,DISTILLED			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	011090	BROCCOLI,RAW			
I	009298	RAISINS,SEEDLESS			

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