

Recipe Prep Sheet

American Dairy Association North East

990095 - Broccoli Cranberry Salad - Creamy

Recipe HACCP Process: #1 No Cook
 Source: DSB
 Number of Portions: 50
 Portion Size: PORTIONS

Ingredient #	Ingredient Name	Measurements	Instructions
001295	YOGURT,VANILLA,NON-FAT	25 cup	No Instructions Assigned
002053	VINEGAR,DISTILLED	1 1/4 CUP	<p>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.</p> <p>Combine to make the dressing.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
019335	SUGARS,GRANULATED	3 tbsp	
043355	MAYONNAISE,LO NA,LO CAL OR DIET	2 CUP	
042290	MILK,FLUID,NONFAT,CA FORT (FAT FREE OR SKIM)	13 1/2 CUP	
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 6 oz. Spoodle to portion for meal service.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
799908	ONIONS,RED,RAW	2 1/2 CUP, chopped	
799969	CRANBERRIES, DRIED	2 1/2 CUP, CHOPPED	
012037	SUNFLOWER SD KRNLS,DRY RSTD,WO/SALT	5 OZ	

*Nutrients are based upon 1 Portion Size (PORTIONS)

Calories ¹	190.067 kcal	Total Fat	3.578 g	Total Dietary Fiber	1.930 g	Vitamin C	41.759 mg	16.942% Calories from Total Fat
Saturated Fat ¹	0.577 g	Trans Fat ²	*0.000* g	Protein	7.543 g	Iron	0.512 mg	2.731% Calories from Sat Fat
Sodium ¹	113.483 mg	Cholesterol	6.886 mg	Vitamin A	819.775 IU	Water	*209.112* g	*0.000%* Calories from Trans Fat
Sugars	*11.884* g	Carbohydrate	34.141 g	Calcium	295.368 mg	Ash	*N/A* g	71.850% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			15.874% Calories from Protein
Type of Fat	-							

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

¹ - denotes required nutrient values

² - 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.

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

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