



May 22- Broccoli Raisin Salad

Smart Snack

Link: <https://www.foodhero.org/recipes/broccoli-raisin-salad>

Recipe

Ingredients:

- 6 cups chopped broccoli
- ½ cup raisins
- ¼ cup chopped red onion
- ¼ cup unsalted sunflower seeds
- ¼ cup bacon bits
- ½ cup light mayonnaise ¼ cup sugar
- 1 Tablespoon red wine vinegar

Directions:

1. Combine chopped broccoli, raisins, chopped onion, sunflower seeds and bacon bits in a large bowl.
2. Combine mayonnaise, sugar and vinegar in a small bowl.
3. Stir mayonnaise mixture into salad.

Yield 9 servings

Nutrition Facts	
Serving Size 2/3 cup (142.52g)	
Servings Per Container 9	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	18%
Sugars 13g	
Protein 4g	9%
Vitamin A 30%	• Vitamin C 110%
Calcium 6%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	