



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.