

# WI Dept of Public Instruction

**Recipe: 003794 BROCCOLI SALAD**

Recipe HACCP Process: #1 No Cook

Recipe Source:  
Recipe Group: SALADS

Alternate Recipe Name:  
Number of Portions: 100  
Size of Portion: 1/2 CUP

011090 BROCCOLI,RAW..... 902362 ONIONS,RED,RAW..... 050381 RAISINS, SEEDLESS, REGULAR MOISTURE... 903640 BACON BITS REAL..... 903641 MAYONNAISE LIGHT..... 019335 SUGARS,GRANULATED..... 002053 VINEGAR,DISTILLED.....	8 LB 1 1/2 CUP, chopped 1 1/4 CUP (not packed) 6 OZ 3 CUP 3/4 CUP 3/4 CUP	<b>*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODUCTS USED</b>
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\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	55 kcal	Cholesterol	4.40 mg	Protein	1.77 g	Calcium	19.12 mg	47.55%	Calories from Total Fat
Total Fat	2.93 g	Sodium	92.79 mg	Vitamin A	59.05 RE	Iron	0.69 mg	9.62%	Calories from Saturated Fat
Saturated Fat	0.59 g	Carbohydrates	6.17 g	Vitamin A	241.96 IU	Water <sup>1</sup>	*36.24* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.05 g	Vitamin C	32.59 mg	Ash <sup>1</sup>	*0.32* g	44.54%	Calories from Carbohydrates
								12.77%	Calories from Protein

\*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

<sup>1</sup> - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
<b><u>Moisture &amp; Fat Change</u></b>				
Moisture Change. 0%				
Fat Change..... 0%				
Type of Fat.....				

**Production Specification**

**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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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011090	BROCCOLI,RAW			
I	902362	ONIONS,RED,RAW			
I	050381	RAISINS, SEEDLESS, REGULAR MOISTURE			
I	903640	BACON BITS REAL			
I	903641	MAYONNAISE LIGHT			
I	019335	SUGARS,GRANULATED			
I	002053	VINEGAR,DISTILLED			

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