

Eat Smart • Move More

Broccoli Salad

Prep Time: 15 minutes

Total Time: 1 hour & 15 minutes



Ingredients

- 1 head broccoli, cut into bite-sized pieces
- 1 1/3 onion, chopped
- 1 cup raisins
- 2 slices turkey bacon, cooked and crumbled
- 1/2 cup low-fat mayonnaise
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

Nutrition Facts

8 servings per container	
Serving size	1 serving (89.37g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	4%
Potassium 278mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Cauliflower can be substituted for part or all of the broccoli.
- ▶ Plain low-fat yogurt can be used in place of mayonnaise. Plain low-fat Greek yogurt can also be used to increase the amount of protein. Use only plain yogurt, as flavored yogurt will change the flavor of the dish.

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Directions

- Combine broccoli, onion, raisins, and bacon in a mixing bowl.
- In a separate mixing bowl, stir mayonnaise, vinegar, and sugar until well mixed.
- Incorporate the dressing into the broccoli mix.
- Cover and chill in the refrigerator, at least 1 hour.

(Recipe from: Faithful Families, North Carolina State University, 2019.)

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