



Broccoli Salad

Servings: 10

Ingredients:

2 cups broccoli, washed and chopped
2 cups cauliflower, washed and chopped
3/4 cup red grapes, washed and sliced
2 carrots, washed and shredded
1/2 cup sunflower seeds

Dressing:

1/2 cup low-fat mayonnaise
3 Tablespoons sugar
1 Tablespoon vinegar

Directions:

1. Mix broccoli, cauliflower, grapes, carrots, and sunflowers seeds in one bowl.
2. In a separate bowl, mix dressing ingredients.
3. Pour dressing ingredients and serve.

Nutrition Facts

10 servings per container
Serving size 1/2 cup (89g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 100mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 4g Added Sugars 8%

Protein 3g

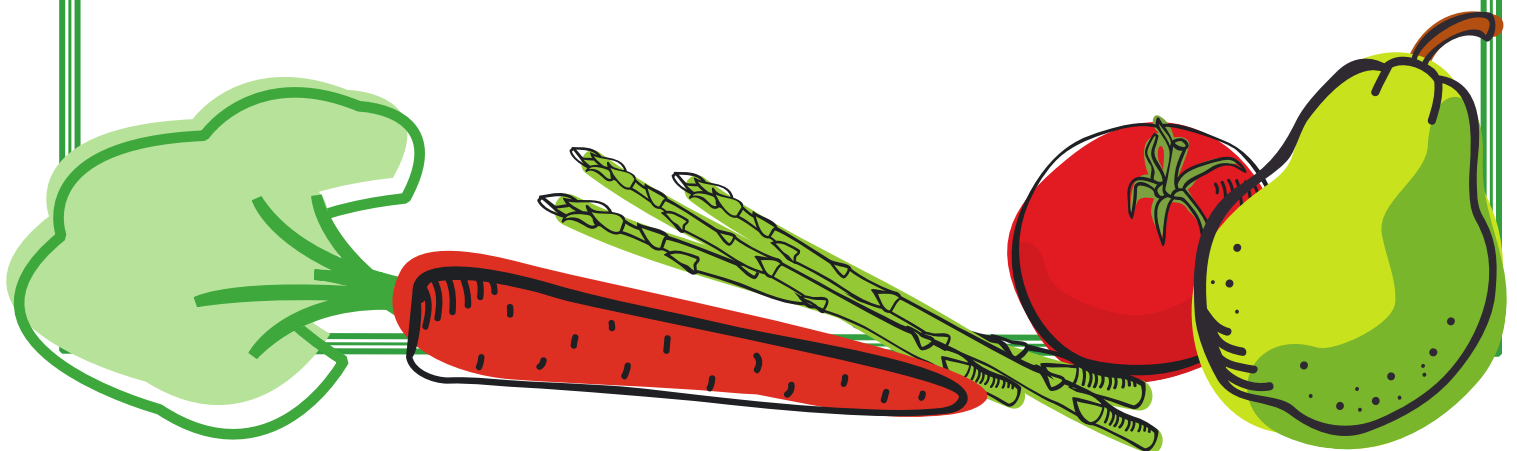
Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1mg 6%

Potassium 189mg 4%

*The % Daily Value 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.



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