

# Broccoli Salad

**Makes 8 servings**



## Directions

1. Combine salad ingredients in a large bowl.
2. Combine dressing ingredients and pour over broccoli mixture.
3. Refrigerate until ready to serve.

## Salad Ingredients

2 heads **broccoli** (6 cups chopped)  
1/2 cup **raisins**  
1/2 cup **roasted peanuts** or **sunflower seeds**

## Dressing Ingredients

1/2 cup non-fat **plain yogurt**  
1/2 cup reduced-fat **mayonnaise**  
1/4 cup **sugar**  
2 tablespoons **vinegar**



## Additional Notes:



## Nutrition Facts

servings per container

**Serving size** (100g)

Amount per serving

**Calories** **170**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 1.5g **8%**

*Trans Fat* 0g

**Cholesterol** 5mg **2%**

**Sodium** 135mg **6%**

**Total Carbohydrate** 18g **7%**

Dietary Fiber 1g **4%**

Total Sugars 12g

Includes 4g Added Sugars **8%**

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 29mg 2%

Iron 0mg 0%

Potassium 126mg 2%

\*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.

This card was funded by the USDA SNAP program, which is called 3SquaresVT in Vermont. USDA is an equal opportunity provider and employer. To learn how 3SquaresVT can help low income people buy more healthy food, go to [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call Vermont 2-1-1.