

# Broccoli Salad

Diane Pannier - Stuart, FL

## Servings: 1

1 cup broccoli florets, cut small  
diced green onion (to taste), use a good  
handful

celery (to taste), diced

1/4 cup raisins

1 can water chestnuts, cut in quarters

2 hard-boiled eggs, chopped

6 strips bacon, crisp and crumbled

## DRESSING

1/2 cup mayonnaise (or Miracle  
Whip)

1/2 cup sour cream

2 tablespoons sugar (optional)

Make the dressing: In a bowl, combine the  
mayonnaise and sour cream. Add the sugar, if  
desired. Mix well.

In a bowl, mix the broccoli, green onion, celery,  
raisins, water chestnuts, eggs and bacon.

Pour the dressing over the top of the salad. Mix  
well.

Chill, if desired.

Per Serving (excluding unknown  
items): 750 Calories; 54g Fat  
(63.4% calories from fat); 31g  
Protein; 39g Carbohydrate; 4g  
Dietary Fiber; 507mg Cholesterol;  
816mg Sodium. Exchanges: 3 1/2  
Lean Meat; 1/2 Vegetable; 2 Fruit;  
1/2 Non-Fat Milk; 8 1/2 Fat.

Salads

## Per Serving Nutritional Analysis

Calories (kcal):	750
% Calories from Fat:	63.4%
% Calories from Carbohydrates:	20.3%
% Calories from Protein:	16.3%
Total Fat (g):	54g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	507mg
Carbohydrate (g):	39g
Dietary Fiber (g):	4g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	2.1mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	112mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 31g  
**Sodium (mg):** 816mg  
**Potassium (mg):** 987mg  
**Calcium (mg):** 241mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 83mg  
**Vitamin A (i.u.):** 3671IU  
**Vitamin A (r.e.):** 661RE

**Lean Meat:** 3 1/2  
**Vegetable:** 1/2  
**Fruit:** 2  
**Non-Fat Milk:** 1/2  
**Fat:** 8 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 750 Calories from Fat: 476

### % Daily Values\*

<b>Total Fat</b>	54g	83%
Saturated Fat	25g	125%
<b>Cholesterol</b>	507mg	169%
<b>Sodium</b>	816mg	34%
<b>Total Carbohydrates</b>	39g	13%
Dietary Fiber	4g	15%
<b>Protein</b>	31g	

<b>Vitamin A</b>	73%
<b>Vitamin C</b>	139%
<b>Calcium</b>	24%
<b>Iron</b>	18%

\* Percent Daily Values are based on a 2000 calorie diet.