



SUPERFOOD BROCCOLI SALAD

Yield: 6 Servings

Nutrition Facts

Serving size 4.25 oz. (119 g)

Amount per serving
Calories 255

% Daily Value*

Total Fat 17g 20%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 291mg 15%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 10%

Total Sugars 12g

Includes 3g Added Sugars 6%

Protein 5g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 1mg 6%

Potassium 286mg 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.

Ingredients

Superfood Broccoli Salad

3 cups

1 cup

¼ cup

¼ cup

½ cup

½ cup

¼ cup

⅓ teaspoon

¼ teaspoon

Broccoli, blanched

Quinoa, cooked

Almonds, toasted and sliced

Sunflower Seeds

Cranberries, dried

Poppy Seed Dressing

Carrots, grated

Salt

Black Pepper

Poppy Seed Dressing

⅔ teaspoon

2 ⅓ tablespoons

3 ½ tablespoons

½ teaspoon

½ cup

1 ⅓ teaspoons

½ teaspoon

Yellow Onion

Sugar

White Vinegar

Ground Mustard Spice

Canola Oil

Poppy Seeds

Salt

Procedures

1. Preheat the oven to 325°F. Toast almonds for 7–10 minutes or until golden and fragrant. Stir every 4–5 minutes.
2. For dressing, combine ingredients, and mix well. Set aside.
3. Combine remaining salad ingredients in a bowl or food container and mix.
4. Add dressing, and mix well.