Broccoli Salad

Broccoli is an excellent source of vitamin C which helps to support a healthy immune system.

Serves 10

Ingredients

- 1/2 cup plain yogurt
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 2 tablespoons apple cider vinegar
- 6 cups finely chopped fresh broccoli florets
- 2/3 cup dried cranberries
- 1 cup shredded cheddar cheese
- 1/2 cup sunflower seeds
- 1/2 cup minced red onions (optional)

Nutrition Facts

Serving Size about 3/4 cup
Servings Per Container 10

Amount Per Serving

Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 135mg	**6%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**8%**
Sugars 9g	
Protein 6g	

Vitamin A 10% • Vitamin C 80%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Whisk together yogurt, mustard, honey and cider vinegar in a large salad bowl.
2. Add remaining ingredients and mix together gently.

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