Broccoli Salad

Serves 6

Recipe from Redekop Family

Ingredients

- 4 heads broccoli
- ½ cup roasted pecans
- ¾ cup red grapes, cut in half
- ¼ cup raisins
- ¼ cup bacon bits
- 1 cup mayo
- 3 tbsp honey
- 2 tbsp lemon juice

Directions

- Wash and cut up broccoli into bite size pieces and place in a bowl
- Add next four ingredients to the broccoli
- Make dressing from mayo, honey and lemon then pour over salad and mix

Nutrients (approximately)

453 Calories per serving,
Fat 38g, Saturated Fat 4.8g, Cholesterol 13.3mg, Sodium 313.2mg
Carbohydrates 25.6g, Fiber 5g, Sugars 18.3g, Protein 5.9g

Share this recipe with a friend!

Broccoli Salad

Serves 6

Recipe from Redekop Family

Ingredients

- 4 heads broccoli
- ½ cup roasted pecans
- ¾ cup red grapes, cut in half
- ¼ cup raisins
- ¼ cup bacon bits
- 1 cup mayo
- 3 tbsp honey
- 2 tbsp lemon juice

Directions

- Wash and cut up broccoli into bite size pieces and place in a bowl
- Add next four ingredients to the broccoli
- Make dressing from mayo, honey and lemon then pour over salad and mix

Nutrients (approximately)

453 Calories per serving,
Fat 38g, Saturated Fat 4.8g, Cholesterol 13.3mg, Sodium 313.2mg
Carbohydrates 25.6g, Fiber 5g, Sugars 18.3g, Protein 5.9g