



# Broccoli Wokly® Waldorf Salad

## Servings

8-10

## Calories

110

## Prep Time

5 minutes

## Total Time

10 minutes

## Skill Level

Easy

## Ingredients

6 cups Mann's Broccoli Wokly®, blanched and chopped

1 red apple, cubed

½ cup raisins or currants

¼ cup pecans, chopped (can substitute walnuts)

½ cup cole slaw dressing, prepared



## The Method

In a large serving bowl, combine Mann's Broccoli Wokly®, apple, raisins and pecans and toss. Drizzle with dressing to coat and toss. Enjoy!

### Nutrition Facts

Serving Size: 190g | Servings: 8-10

### Amount Per Serving

Calories 110 | Calories from Fat 20 | Total Fat 2.5g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 120mg | Total Carbohydrate 18g |

Dietary Fiber 5g | Sugars 12g | Protein 6g | Vitamin A 90% | Vitamin C 230% | Calcium 8% | Iron 10%