

# Oriental Broccoli Salad

with **Butter Buds®**

**Group: Vegetables**

Number of Portions: 50

Size of Portions: 1/2 Cup



## INGREDIENTS

## MEASURE

Hot Tap Water	28 Cups
Pea Pods	3 1/2 lb.
Broccoli Florets, Chopped	14 Cups
Green Onions/Scallions, Chopped	3 1/2 Cups
Garlic Cloves, Crushed	2/3 Cup
<b>Butter Buds</b> , Dry	1 1/3 Cups
Hot Tap Water	3 1/2 Cups
Water Chestnuts, Sliced	28 oz.
Soy Sauce, Kikkoman® Less Sodium	7 Tbsp.
Ground Ginger	2 tsp.

## PREPARATIONS

Bring water to a boil in a large pot. Add the pea pods and cook for 3 minutes. Remove pea pods with a slotted spoon or strainer and place under cold water (to stop them from cooking further), reserving hot water. Drain well.

Bring water back to a boil and add the broccoli florets. Simmer for 4-5 minutes, until just tender. Pour florets into a colander and put them under cold running water (to stop them from cooking further). Drain well.

Whisk together Butter Buds and hot water to reconstitute. Pour 1 cup of the Butter Buds sauce into the now empty pot and warm over medium-high heat. Add scallions and crushed garlic. Cover and cook for 3 minutes, stirring once.

Combine the remaining Butter Buds sauce, soy sauce and ginger. Add sauce to the pot with scallions. Add drained water chestnuts, pea pods and broccoli. Stir over medim heat until brought to temperature and serve (may be served cold).

## Nutritional Information

Nutrients are based upon 1 Portion Size: 1/2 Cup

<b>Calories</b>	50 kcal	<b>Cholesterol</b>	0.00 mg	<b>Protein</b>	2.18 g	<b>Calcium</b>	39.88 mg	3.53% Calories from Total Fat
<b>Total Fat</b>	0.20 g	<b>Sodium</b>	195.78 mg	<b>Vitamin A</b>	47.37 RE	<b>Iron</b>	1.15 mg	0.56% Calories from Saturated Fat
<b>Saturated Fat</b>	0.03 g	<b>Carbohydrate</b>	10.05 g	<b>Vitamin A</b>	585.56 IU	<b>Water<sup>1</sup></b>	*225.71* g	0.00%* Calories from Trans Fat
<b>Trans Fat<sup>1</sup></b>	*0.00* g	<b>Dietary Fiber</b>	34.30 g	<b>Vitamin C</b>	44.75 mg	<b>Ash<sup>1</sup></b>	*0.70* g	80.34% Calories from Carbohydrates
								17.41% Calories from Protein

### Allergens

Contains milk

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

