



Broccoli Crunch Salad

Prep Time: 15 minutes

Yield: 4 servings

Ingredients

¼ cup avocado mayo
 3 tablespoons lemon juice
 zest of 1 lemon
 1 tablespoon apple cider vinegar
 1 tablespoon honey
 ¼ teaspoon sea salt

4 cups steamed or blanched broccoli
 1 cup grated carrot
 2 cups shredded red cabbage
 ¼ cup hemp seeds
 ¼ cup pepitas
 ¼ cup chopped cranberries

Black pepper, to taste

Preparation

1. Whisk together avocado mayo, lemon juice, zest, honey, salt. Set aside.
2. In a large bowl, mix together broccoli, carrot, cabbage, hemp seeds, pepitas + cranberries.
3. Pour dressing over broccoli mixture and fold to combine.

Recipe provided by Chef Teresa Hansen

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Nutrition Facts

For a Serving Size of 1 serving(251.43g)

Calories 264.3	Calories from Fat 143.7(54.4%)
% Daily Value *	
Total Fat 16g	-
Sodium 386.1mg	17%
Potassium 611.3mg	-
Carbohydrates 29.5g	-
Fiber 7.7g	31%
Net carbs 21.8g	
Sugar 10.2g	
Protein 7g	
Vitamins and minerals	
Vitamin A 359.6µg RAE	40%
Vitamin B6 0.4mg	30%
Vitamin C 117.3mg	196%
Vitamin E 2.6mg	18%
Vitamin K 230.8µg	193%
Calcium 81.5mg	9%
Iron 1.4mg	18%
Magnesium 363.5mg	103%
Phosphorus 121.3mg	13%
Zinc 0.8mg	6%
Copper 0.1mg	6%
Manganese 0.4mg	22%
Selenium 2.7µg	4%
Riboflavin 0.2mg	14%
Niacin 1.3mg	7%
Folate 179.2µg	45%
Choline 69.1mg	13%