



## Broccoli Salad

### Ingredients

- 6 cups of broccoli florets
- 1 cup of sharp cheddar cheese, shredded
- 2/3 cup dried cranberries
- ½ cup salted sunflower seeds
- 1/3 cup of red onion, finely diced
- ¾ cup mayonnaise
- ¼ cup of sour cream
- 1 ½ TBSP white wine vinegar
- 3 TBSP of sugar
- ¼ TSP of salt
- ¼ TSP of pepper

### Preparation

- 1) Combine broccoli florets, cheddar cheese, dried cranberries, sunflower seeds, and onion in a large bowl.
- 2) In a separate bowl, add mayonnaise, sour cream, vinegar, sugar, salt, and pepper. Whisk until smooth and well combined.
- 3) Pour dressing over broccoli mixture and stir well.
- 4) Refrigerate.
- 5) Serve.

### Nutrition Information based on 1 portion (8)

|               |                 |                          |                    |
|---------------|-----------------|--------------------------|--------------------|
| Calories: 333 | Total Fat: 27 g | Total Carbohydrate: 19 g | Dietary Fiber: 3 g |
| Protein: 8 g  | Sodium: 221 mg  | Calcium: 159 mg          | Iron: 1 mg         |

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