Broccoli Apple Salad

Ingredients:

For the Dressing

- 1/2 cup lite mayonnaise
- 1/2 cup low-fat Greek yogurt
- 2 tablespoons lemon juice
- 1 tablespoon stevia or sugar
- 1/8 teaspoon salt
- 1/4 teaspoon pepper

For the Salad

- 4 cups broccoli florets, (about 2 medium heads)
- 1/2 cup carrot, shredded
- 1/4 cup red onion, diced
- 2 large apples, finely chopped
- 1/2 cup pecans, coarsely chopped
- 1/2 cup dried cranberries

Directions

1. In a large bowl combine broccoli, carrots, red onion, apples, pecans, and dried cranberries.
2. To make the dressing: Whisk together mayonnaise, Greek yogurt, lemon juice, sugar, salt, and pepper.
3. Add the dressing to the salad and toss to coat. Chill until ready to serve.

Nutrition Facts

Serving Size 1 cup (234g)
Servings Per Container 6

Amount Per Serving

Calories 230 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 80mg	**3%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 5g	**20%**
Sugars 22g	
Protein 5g	

Vitamin A 190% • Vitamin C 110%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: therecipecritic.com