

Broccoli Ramen Noodle Salad

Recipe Type: Side Dish

Serves: 8

Prep Time: 5 minutes

Cooking Time: 20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 T honey
- ¼ C olive oil
- ⅓ C vinegar
- ½ chicken flavored ramen noodle seasoning packet
- 3 C broccoli, fresh, chopped
- 1½ C carrot, fresh, grated
- 1½ C purple cabbage, shredded
- ¾ C green onion tops, chopped
- ¼ C nuts, almonds, sliced (optional)
- ¼ C sesame seeds (optional)
- 1 (3oz) chicken ramen noodles, uncooked and broken

What to do:

1. Wash your hands.
2. For the dressing, mix the honey, oil, vinegar and ramen noodle seasoning.
3. In a large bowl, combine the remaining ingredients.
4. Pour the dressing over the salad and toss to coat evenly.
5. Serve and enjoy!



This is a picture of 1 serving.

Contains: Wheat, Tree nuts, and Sesame

Nutrition Facts

8 servings per container

Serving size 1/2 Cup (115g)

Amount per serving

Calories **190**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars 7g

Includes 4g Added Sugars **8%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 46mg **4%**

Iron 1mg **6%**

Potassium 282mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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