

Turner Salad

The Sugar Hill Inn - Franconia, NH
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

4 cups small broccoli florets, blanched, if desired

1 cup raisins

1 cup mushrooms, sliced

1/3 cup red onion, chopped

6 slices bacon, cooked crisp and crumbled

salt (to taste)

freshly ground pepper (to taste)

DRESSING

1 egg

1 egg yolk

1/2 cup sugar

1/2 teaspoon dry mustard

1 1/2 teaspoons cornstarch

1/4 cup distilled white vinegar

1/4 cup water

1/4 teaspoon salt

2 tablespoons unsalted butter, softened

1/2 cup mayonnaise

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Make the dressing: In a small bowl, whisk together the egg, egg yolk, sugar, mustard and cornstarch.

In a saucepan, combine the vinegar, water and salt. Bring the mixture to a boil over moderate heat. Whisk in the egg mixture. Cook for 1 minute, whisking until thickened.

Remove the pan from the heat. Whisk in the butter and mayonnaise. Cover and chill.

Make the salad: In a large bowl, combine the broccoli, raisins, mushrooms, onions and bacon. Pour the dressing over the salad. Toss well.

Add salt and pepper to taste.

Serve on a bed of red or green lettuce.

Per Serving (excluding unknown items): 370 Calories; 24g Fat (56.3% calories from fat); 5g Protein; 38g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 312mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	370	Vitamin B6 (mg):	.2mg
	56.3%	Vitamin B12 (mcg):	.4mcg

% Calories from Fat: 38.8%
 % Calories from Carbohydrates: 4.9%
 % Calories from Protein: 24g
 Total Fat (g): 6g
 Saturated Fat (g): 7g
 Monounsaturated Fat (g): 8g
 Polyunsaturated Fat (g): 93mg
 Cholesterol (mg): 38g
 Carbohydrate (g): 1g
 Dietary Fiber (g): 5g
 Protein (g): 312mg
 Sodium (mg): 292mg
 Potassium (mg): 29mg
 Calcium (mg): 1mg
 Iron (mg): 1mg
 Zinc (mg): 4mg
 Vitamin C (mg): 293IU
 Vitamin A (i.u.): 74RE
 Vitamin A (r.e.):

Thiamin B1 (mg): .1mg
 Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 15mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value: 0 0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 1 1/2
 Non-Fat Milk: 0
 Fat: 2 1/2
 Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 370 Calories from Fat: 208

% Daily Values*

Total Fat	24g	38%
Saturated Fat	6g	31%
Cholesterol	93mg	31%
Sodium	312mg	13%
Total Carbohydrates	38g	13%
Dietary Fiber	1g	5%
Protein	5g	
Vitamin A		6%
Vitamin C		7%
Calcium		3%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.