

# Broccoli Steamed

<b>Servings:</b>	25.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Steamed Broccoli and oil with seasoning

## Nutrition Information

<b>Calories</b>	1.50	<b>Protein</b>	0.05g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	0.20g	<b>Fiber</b>	0.10g
<b>Sugar</b>	0.10g	<b>Sodium</b>	1.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	1.50mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	1.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 3/4 Pound	610902	BROCCOLI FLORETS 6-4 GFS	
1 Ounce	617531	OIL OLIVE XVGRN SPRAY 6-12FLZ OLIVARI	
1/2 Ounce	647240	SEASONING A/P HERB NO SALT 13Z TRDE	

## Preparation Instructions

Remove broccoli from freezer. Open and layer in steamtable pan.

Spray with virgin oil and sprinkle with seasoning salt.

Cook to 165 degrees or until broccoli texture is reached, Hold in warmer 145 degrees or higher.