

Broccoli Steamed

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

Steamed Broccoli and oil with seasoning

Nutrition Information

Calories	10.00	Protein	0.33g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.33g	Fiber	0.67g
Sugar	0.67g	Sodium	6.67mg
Iron	0.00mg	Vitamin C	10.00mg
Vitamin A	0.00IU	Calcium	6.67mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
25 Cup	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.