

BROCCOLI

Servings:	50.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

STEAMED

Nutrition Information

Calories	5.00	Protein	0.17g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	0.67g	Fiber	0.33g
Sugar	0.33g	Sodium	3.33mg
Iron	0.00mg	Vitamin C	5.00mg
Vitamin A	0.00IU	Calcium	3.33mg

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