

PRO- Broccoli

Servings:	192.00
Serving Size:	2.00 Ounce
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Broccoli-GFS#610902

Nutrition Information

Calories	20.00	Protein	0.67g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.67g	Fiber	1.33g
Sugar	1.33g	Sodium	13.33mg
Iron	0.00mg	Vitamin C	20.00mg
Vitamin A	0.00IU	Calcium	13.33mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
384 Each	610902	BROCCOLI FLORETS 6-4 GFS	

Preparation Instructions

Prepare from frozen state

Place frozen broccoli in 4" steam table pan place in steamer for 10-15 minutes or until temperature reaches 135 Degrees F.

Once cooked cover with plastic wrap and place in hot box until serving time.

Portion per student- 2 oz or 2 two pieces of broccoli

1/4 cup of vegetable servings