

# K-12 Broccoli

<b>Servings:</b>	96.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Broccoli Florets-GFS#610902

## Nutrition Information

<b>Calories</b>	40.00	<b>Protein</b>	1.33g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	5.33g	<b>Fiber</b>	2.67g
<b>Sugar</b>	2.67g	<b>Sodium</b>	26.67mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	40.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	26.67mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
384 Ounce	610902	BROCCOLI FLORETS 6-4 GFS	1 case=384 oz = 96 servings Place frozen bags in 6" steam table pans heat in oven or steamer for 15-25 minutes or until until internal temperature reaches 165 degrees F.

## Preparation Instructions

1 serving = 4 oz Use #8 SCOOP or 1/2 Cup slotted spoodle