

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

# Table of Contents

[Steamed Broccoli](#)

[Sweet Potato Casserole](#)

# Steamed Broccoli

NO IMAGE

<b>Servings:</b>	116.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	21 4/13 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	7 1/10 Ounce		191205
SEASONING GARLIC HRB NO SALT 19Z TRDE	4 11/15 Tablespoon	Any salt free seasoning may be used.	565164

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 116.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	41.05		
<b>Fat</b>	1.37g		
<b>SaturatedFat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.75mg		
<b>Sodium</b>	33.33mg		
<b>Carbohydrates</b>	5.51g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sweet Potato Casserole

NO IMAGE

<b>Servings:</b>	141.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	5.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32006
<b>School:</b>	John Glenn High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS SWT 10-26.7Z BAMER	163 2/3 Ounce	1 Package	447825
Tap Water for Recipes	12 1/4 Quart	UNPREPARED	000001WTR
BUTTER PRINT SLTD GRD AA 36-1 GCHC	12 1/4 Tablespoon		191205
MARSHMALLOW MINI WHT 12-1# JTPFF	9 1/5 Cup		255289
SPICE CINN-MAPL SPRINKLE 29Z TRDE	12 1/4 Tablespoon		565911

## Preparation Instructions

Pour 2 Quarts of hot water (170-190 degrees F) and 2 TBSP of Unsalted Butter into 4" deep, third-size steam-table pan. Add all potatoes, stir until fully combined. Top pan with 1.5 cups mini marshmallows and place into oven until marshmallows are browned. Top with 2 Tablespoons Maple Cinnamon seasoning and put in warmer until ready for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 141.000

Serving Size: 5.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	66.87		
<b>Fat</b>	1.39g		
<b>SaturatedFat</b>	0.61g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.61mg		
<b>Sodium</b>	79.91mg		
<b>Carbohydrates</b>	13.05g		
<b>Fiber</b>	0.87g		
<b>Sugar</b>	7.05g		
<b>Protein</b>	0.58g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.77mg	<b>Iron</b>	0.16mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available