

Cookbook for North Liberty Elem

Created by HPS Menu Planner

Table of Contents

[Steamed Broccoli](#)

Steamed Broccoli

NO IMAGE

Servings:	229.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	42 1/16 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA	14 0.020408163265 Ounce		191205
SEASONING GARLIC HRB NO SALT	9 1/3 Tablespoon	Any salt free seasoning may be used.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 229.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.60		
Fat	1.37g		
Saturated Fat	0.87g		
Trans Fat	0.00g		
Cholesterol	3.75mg		
Sodium	33.33mg		
Carbohydrates	5.51g		
Fiber	3.01g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	3.01g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available