

# parm broccoli

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49771
<b>School:</b>	Highland High School		

## Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORETS	2 Pound	610902
SEASONING NO SALT ORIG	1 Tablespoon	844071
SPICE GARLIC POWDER	1 1/2 Teaspoon	224839
CHEESE PARM GRTD	1/2 Cup	164259
OIL SALAD CANOLA NT	1/4 Cup	393843

## 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: 10.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	132.00
<b>Fat</b>	7.40g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	150.02mg
<b>Carbohydrates</b>	12.00g
<b>Fiber</b>	7.20g
<b>Sugar</b>	2.40g
<b>Protein</b>	9.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.01mg	<b>Iron</b> 2.40mg

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

## **Nutrition - Per 100g**

---

No 100g Conversion Available

---