

# Broccoli Florets

|                      |                      |                       |           |
|----------------------|----------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                 | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.00                 | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                | <b>Recipe ID:</b>     | R-46037   |
| <b>School:</b>       | Highland High School |                       |           |

## Ingredients

| Description               | Measurement | DistPart # |
|---------------------------|-------------|------------|
| BROCCOLI FLORET BITE SIZE | 1/2 Cup     | 732451     |

## 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: 1.00

Serving Size: 0.00

| Amount Per Serving        |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 30.90                    |
| <b>Fat</b>                | 0.30g                    |
| <b>SaturatedFat</b>       | 0.10g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 0.00mg                   |
| <b>Sodium</b>             | 30.00mg                  |
| <b>Carbohydrates</b>      | 6.00g                    |
| <b>Fiber</b>              | 2.40g                    |
| <b>Sugar</b>              | 2.00g                    |
| <b>Protein</b>            | 2.60g                    |
| <b>Vitamin A</b> 566.93IU | <b>Vitamin C</b> 81.17mg |
| <b>Calcium</b> 42.77mg    | <b>Iron</b> 0.66mg       |

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

### Nutrition - Per 100g

No 100g Conversion Available