

Broccoli w/cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46772
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF	1 Cup	285590
SAUCE CHS ULTIM YEL POUZ 6-106Z LOL	4 Ounce	310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	233.33
Fat	14.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	600.00mg
Carbohydrates	12.67g
Fiber	4.00g
Sugar	1.33g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.67mg	Iron 1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available