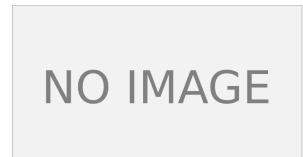
# **Steamed Broccoli**



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45901
School:	Highland Elementary		

# **Ingredients**

Description	Measurement	<b>Prep Instructions</b>	DistPart #
BROCCOLI CUTS IQF	1 Cup	BAKE	285590

Preparation Instructions Place 10# of Broccoli into a sprayed 4B holey pan, then place that into a sprayed 4B metal pan. Cover and store in cooler

until it's time to cook. Around 9:30, put broccoli in the steamer or combi oven for approx. 15-20 min, or until internal temp

reaches 141 degrees or higher for 15 seconds. Drain broccoli, then cover with plastic wrap and place in room warmers.

\*Can substitute 6 tsp. of Butter Buds for margarine.

Amount laid out will depend on the day's count.

\*\*\*Use this broccoli if the commodity is not available.

## Meal Components (SLE)

Amount Per Serving	<b>、</b>	
Meat	0.000	_
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 Cup

Amount Per Serving					
Calories	33.33				
Fat	0.00g				
SaturatedFat	0.00g				
Trans Fat	0.00g				
Cholesterol	0.00mg				
Sodium	20.00mg				
Carbohydrates	6.67g				
Fiber	4.00g				
Sugar	1.33g				
Protein	4.00g				
Vitamin A 0.00IU	Vitamin C 0.00mg				
Calcium 46.67mg	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