

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	Prep Instructions	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

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