

parm broccoli



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

Ingredients

Description	Measurement	Prep Instructions	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available