

# Broccoli and Cauliflower with Cheese

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45371
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	10 Pound		610902
CAULIFLOWER IQF	10 Pound		285600
SAUCE CHS CHED	5 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

## Preparation Instructions

Steam Broccoli and Cauliflower for 15 minutes. Mix together with cheese sauce and bake for 30 minutes

### Meal Components (SLE)

Amount Per Serving

Meat	0.293
Grain	0.000
Fruit	0.000
GreenVeg	0.233
RedVeg	0.000
OtherVeg	0.355
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	46.53
Fat	2.34g
SaturatedFat	1.35g
Trans Fat	0.00g
Cholesterol	8.21mg
Sodium	132.51mg
Carbohydrates	3.56g
Fiber	1.64g
Sugar	1.31g
Protein	3.70g
Vitamin A	113.70IU
Vitamin C	0.00mg
Calcium	76.83mg
Iron	0.31mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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