

Broccoli & Cheese

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44344

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	8 1/2 Pound	BAKE	285590
JTM Cheddar Cheese Sauce Boil in Bag	2 3/4 Pound	Use 1/2 bag of cheese	15013

Preparation Instructions

Spray 2 medium pans. Put 15 lbs. of broccoli in each pan with lid.

Put one bag of cheddar cheese (leave in bag) in a shallow slotted pan. Steam cheese approximately 20-25 minutes. Check temp. Steam longer if needed.

Squeeze cheese into sprayed medium pan. Hold in pass-thru.

Wait to steam broccoli (with lid ajar) closer to serving time to maintain quality. Steam approximately 4 minutes. Temp & test. Drain well.

Add half of cheese to each pan. Cover with lid and put in heated pass-thru.

Cook to 135 degrees Fahrenheit (no minimum time):

Fruits

Vegetables

Rice, pasta, and other grains

Legumes

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 1

Amount Per Serving	
Calories	76.41
Fat	4.41g
SaturatedFat	2.53g
Trans Fat	0.00g
Cholesterol	15.42mg
Sodium	237.09mg
Carbohydrates	4.49g
Fiber	2.03g
Sugar	1.23g
Protein	5.89g
Vitamin A 213.72IU	Vitamin C 0.00mg
Calcium 134.95mg	Iron 0.68mg

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

Nutrition - Per 100g

No 100g Conversion Available