

Broccoli and Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45079
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	1/4 Cup		732478
CAULIFLOWER REG CUT	1/4 Cup		732494

Preparation Instructions

Serve in 4oz tray

Mix it up some just broccoli, some cauliflower and some mixed!

- Hold cold foods at 41 °F or below

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	18.75		
Fat	0.18g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	23.75mg		
Carbohydrates	3.75g		
Fiber	1.75g		
Sugar	1.00g		
Protein	1.50g		
Vitamin A	0.00IU	Vitamin C	12.05mg
Calcium	21.10mg	Iron	0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available