

# Broccoli Florets PK

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45364
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS CLN	1/4 Cup		499951

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
<b>Calories</b>	7.73		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.50mg		
<b>Carbohydrates</b>	1.50g		
<b>Fiber</b>	0.60g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.65g		
<b>Vitamin A</b>	141.73IU	<b>Vitamin C</b>	20.29mg
<b>Calcium</b>	10.69mg	<b>Iron</b>	0.17mg

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

### Nutrition - Per 100g

No 100g Conversion Available