

Broccoli and Cauliflower with Cheese

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45371
School:	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 FROZEN Place 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

No 100g Conversion Available