

Broccoli- Steamed

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	9 1/4 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB	1 Fluid Ounce 3/4 Tablespoon (2 3/4 Tablespoon)		209810
Black Pepper	3/4 Teaspoon		24108

Preparation Instructions

1. Place frozen broccoli in perforated steam table pans
2. Add 9 lbs. broccoli per pan (you may need to cut in pieces)
3. Steam closer to serving time to keep broccoli crisp. (3-5 minutes with no lid). Taste and temp broccoli as it should be crisp not mushy
4. Pour into solid pan and season according to directions.
5. Dish into serving containers (preferably the 6 ounce black dishes using 1/2 cup serving utensil)
6. Batch cook as needed

CCP Hold at or above 135F

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	26.42
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	25.11mg
Carbohydrates	5.11g
Fiber	3.01g
Sugar	1.00g
Protein	3.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available