

Broccoli and Cauliflower

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|-----------|
| 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