

HOMEMADE BROCCOLI CHEESE SOUP

NO IMAGE

Servings:	16.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10695
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG	1 Quart 1 Pint 2/3 Cup (6 2/3 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
ONION DEHY CHPD	1 Tablespoon		263036
BROCCOLI FLORET BITE SIZE	3/4 Pound		732451
MILK WHT 2	4 Gallon		504602
CHEESE AMER 160CT SLCD R/F	1 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
PASTA NOODL EGG FZ	1/2 Pound		245046

Preparation Instructions

COOK BROCCOLI AND ONION IN BROTH UNTIL TENDER. ADD NOODLES AND COOK FOR 7-8 MINUTES. TURN DOWN THE HEAT AND ADD MILK AND CHEESE. COOK ON LOW UNTIL THE CHEESE MELTS.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.500
Fruit	0.000
GreenVeg	0.137
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	621.26
Fat	23.38g
SaturatedFat	14.25g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	1181.97mg
Carbohydrates	59.74g
Fiber	0.93g
Sugar	1.81g
Protein	42.98g
Vitamin A 2154.16IU	Vitamin C 31.99mg
Calcium 1458.38mg	Iron 1.17mg

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

Nutrition - Per 100g

Calories	273.93
Fat	10.31g
SaturatedFat	6.28g
Trans Fat	0.00g
Cholesterol	48.50mg
Sodium	521.16mg
Carbohydrates	26.34g
Fiber	0.41g
Sugar	0.80g
Protein	18.95g
Vitamin A 949.82IU	Vitamin C 14.10mg
Calcium 643.04mg	Iron 0.51mg

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