

# Homemade Golden Cheese/Broccoli Chowder

NO IMAGE

<b>Servings:</b>	288.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11675
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATER SPRNG	6 Gallon		686860
CELERY DCD 1/4IN	1 Gallon 2 Quart (24 Cup)		198196
CARROT DCD 1/4IN	1 Gallon 2 Quart (24 Cup)		200972
ONION DEHY CHPD	1 1/2 Cup		263036
BROCCOLI FLORET BITE SIZE	24 Pound		732451
BUTTER PRINT SLTD GRD AA	3 Quart		191205
FLOUR A/P PASTRY	3 Quart		260231
SALT IODIZED	3/4 Cup	READY_TO_EAT used to salt food	350732
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
MILK WHT 2	6 Gallon		504602
CHEESE AMER 160CT SLCD R/F	27 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
Ham, CKD, Frozen, 97% FF Commodity 100184	25 Pound	UNSPECIFIED	100184

# Preparation Instructions

In steam kettle combine water, carrots, celery, and onion. Bring to a boil; reduce heat to half. Simmer until vegetables are tender/crisp. Add broccoli until is tender/crisp for about 4 minutes. Do not drain vegetables. Add ham cubes. Turn the steam kettle off. To make the sauce, melt butter in a large saucepan, blend in flour, salt, and pepper. Cook for 1 minute, stirring constantly. Stir in milk ; cook until mixture thickens. Add to steam kettle and add cheese. Stir until cheese is melted. Heat until temp is 165 may need to turn up the heat on the kettle if needed.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.069
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.182
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.083
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 288.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	269.78
<b>Fat</b>	16.23g
<b>SaturatedFat</b>	10.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.41mg
<b>Sodium</b>	897.83mg
<b>Carbohydrates</b>	15.49g
<b>Fiber</b>	1.59g
<b>Sugar</b>	3.49g
<b>Protein</b>	17.33g
<b>Vitamin A</b> 2633.90IU	<b>Vitamin C</b> 31.19mg
<b>Calcium</b> 417.25mg	<b>Iron</b> 0.41mg

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

## Nutrition - Per 100g

<b>Calories</b>	118.95
<b>Fat</b>	7.16g
<b>SaturatedFat</b>	4.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.20mg
<b>Sodium</b>	395.88mg
<b>Carbohydrates</b>	6.83g
<b>Fiber</b>	0.70g
<b>Sugar</b>	1.54g
<b>Protein</b>	7.64g
<b>Vitamin A</b> 1161.35IU	<b>Vitamin C</b> 13.75mg
<b>Calcium</b> 183.98mg	<b>Iron</b> 0.18mg

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