

UNSEASONED BROCCOLI

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9441
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.50 cup

Amount Per Serving	
Calories	16.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	3.33g
Fiber	2.00g
Sugar	0.67g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.33mg	Iron 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available