

# Broccoli with Cheese

NO IMAGE

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22620

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	4 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED	1 Ounce	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

## Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.017
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	18.52
<b>Fat</b>	0.14g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.48mg
<b>Sodium</b>	17.07mg
<b>Carbohydrates</b>	3.37g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.68g
<b>Protein</b>	2.12g
<b>Vitamin A</b> 6.66IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.80mg	<b>Iron</b> 0.67mg

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

## Nutrition - Per 100g

No 100g Conversion Available