

Fresh Broccoli & Cauliflower



Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CAULIF COMBO	1/2 Cup	Trim into smaller florets if needed.	283339

Preparation Instructions

Portion in 4 oz servings.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	14.55		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.55mg		
Carbohydrates	3.00g		
Fiber	0.95g		
Sugar	1.00g		
Protein	0.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.00mg	Iron	0.50mg

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

Nutrition - Per 100g

Calories	12.83		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.83mg		
Carbohydrates	2.65g		
Fiber	0.84g		
Sugar	0.88g		
Protein	0.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.99mg	Iron	0.44mg

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