

# Cheesy Cauliflower

NO IMAGE

<b>Servings:</b>	50.00	<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-35745
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	24 Pound		610882
SAUCE CHS CHED	1 Quart		271081

## Preparation Instructions

1. Place cauliflower 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>	0.352
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.560
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	65.98
<b>Fat</b>	2.81g
<b>SaturatedFat</b>	1.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.85mg
<b>Sodium</b>	161.68mg
<b>Carbohydrates</b>	6.30g
<b>Fiber</b>	3.36g
<b>Sugar</b>	1.47g
<b>Protein</b>	5.82g
<b>Vitamin A</b> 136.44IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.23mg	<b>Iron</b> 1.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available