

Cheesy Cauliflower

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35745
School:	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

Meat	0.352
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.560
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available