

Cream of Broccoli Soup

Servings:	160.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32423

Ingredients

Description	Measurement	DistPart #
PEPPERS GREEN LRG	3 Quart	592315
ONION DEHY CHPD	3/4 Cup	263036
CELERY STIX	3 Quart	781592
CARROT BABY WHL CLEANED	3 Quart	510637
BROCCOLI FLORETS	15 Pound	610902
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon	225037
SALT SEA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	748590
MILK PWD INST FF	1 Gallon	113336
Tap Water for Recipes	6 1/2 Gallon	000001WTR
BASE CHIX	2 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (16 Teaspoon)	160821
FLOUR HR A/P	2 1/2 Pound	227528
BUTTER PRINT UNSLTD GRD AA	3 1/2 Pound	299405
Cheese, Cheddar Reduced fat, Shredded	5 Pound	100012

Preparation Instructions

In VCM, grind thawed broccoli, carrots, celery, & peppers. Steam until just done. Combine broth & water in large soup kettle. Heat slightly. Stir in dry milk. Make rue of butter and flour and stir into very hot liquid. Add salt and vegetables. Stir in shredded cheese. Heat slowly. Heat to 165 degrees, being careful not to burn. Dip into soup pans. Keep hot to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	228.40
Fat	10.85g
SaturatedFat	6.95g
Trans Fat	0.00g
Cholesterol	33.40mg
Sodium	369.92mg
Carbohydrates	23.69g
Fiber	4.75g
Sugar	11.57g
Protein	10.23g
Vitamin A 16478.56IU	Vitamin C 15.79mg
Calcium 205.48mg	Iron 1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available