

Broccoli-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19555
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
BROCCOLI FLORET BITE SIZE	2 Gallon	732451
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA	1/4 Cup	299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	37.15
Fat	0.99g
SaturatedFat	0.54g
Trans Fat	0.00g
Cholesterol	1.88mg
Sodium	30.00mg
Carbohydrates	6.00g
Fiber	2.40g
Sugar	2.00g
Protein	2.60g
Vitamin A 566.93IU	Vitamin C 81.17mg
Calcium 42.96mg	Iron 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available
