

# Broccoli- Steamed

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-44266

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	9 1/4 Pound	<b>STEAM</b> Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB	1 Fluid Ounce 3/4 Tablespoon (2 3/4 Tablespoon)		209810
Black Pepper	3/4 Teaspoon		24108

## Preparation Instructions

1. Place frozen broccoli in perforated steam table pans
2. Add 9 lbs. broccoli per pan (you may need to cut in pieces)
3. Steam closer to serving time to keep broccoli crisp. (3-5 minutes with no lid). Taste and temp broccoli as it should be crisp not mushy
4. Pour into solid pan and season according to directions.
5. Dish into serving containers ( preferably the 6 ounce black dishes using 1/2 cup serving utensil)
6. Batch cook as needed

CCP Hold at or above 135F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.501
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<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>	26.42		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.11mg		
<b>Carbohydrates</b>	5.11g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available