

Steamed Broccoli

Servings:	49.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	9 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA	3 Ounce		191205
SEASONING GARLIC HRB NO SALT	1 Fluid Ounce	Any salt free seasoning may be used.	565164

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: 49.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		38.60	
Fat		1.37g	
SaturatedFat		0.87g	
Trans Fat*		0.00g	
Cholesterol		3.75mg	
Sodium		33.33mg	
Carbohydrates		5.51g	
Fiber		3.01g	
Sugar		1.00g	
Protein		3.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available