

HOMEMADE BROCCOLI CHEESE SOUP

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 16.00 | Category: | Entree |
| Serving Size: | 8.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10695 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|------------------------------------|---|------------|
| BROTH CHIX NO MSG | 1 Quart 1 Pint 2/3 Cup (6 2/3 Cup) | HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching. | 261564 |
| ONION DEHY CHPD | 1 Tablespoon | | 263036 |
| BROCCOLI FLORET BITE SIZE | 3/4 Pound | | 732451 |
| MILK WHT 2 | 4 Gallon | | 504602 |
| CHEESE AMER 160CT SLCD R/F | 1 Pound | READY_TO_EAT Pre-sliced Use Cold or Melted | 722360 |
| PASTA NOODL EGG FZ | 1/2 Pound | | 245046 |

Preparation Instructions

COOK BROCCOLI AND ONION IN BROTH UNTIL TENDER. ADD NOODLES AND COOK FOR 7-8 MINUTES. TURN DOWN THE HEAT AND ADD MILK AND CHEESE. COOK ON LOW UNTIL THE CHEESE MELTS.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 0.500 |
| Fruit | 0.000 |
| GreenVeg | 0.137 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

| Amount Per Serving | |
|----------------------------|--------------------------|
| Calories | 621.26 |
| Fat | 23.38g |
| SaturatedFat | 14.25g |
| Trans Fat* | 0.00g |
| Cholesterol | 110.00mg |
| Sodium | 1181.97mg |
| Carbohydrates | 59.74g |
| Fiber | 0.93g |
| Sugar | 1.81g |
| Protein | 42.98g |
| Vitamin A 2154.16IU | Vitamin C 31.99mg |
| Calcium 1458.38mg | Iron 1.17mg |

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

Nutrition - Per 100g

| | |
|---------------------------|--------------------------|
| Calories | 273.93 |
| Fat | 10.31g |
| SaturatedFat | 6.28g |
| Trans Fat* | 0.00g |
| Cholesterol | 48.50mg |
| Sodium | 521.16mg |
| Carbohydrates | 26.34g |
| Fiber | 0.41g |
| Sugar | 0.80g |
| Protein | 18.95g |
| Vitamin A 949.82IU | Vitamin C 14.10mg |
| Calcium 643.04mg | Iron 0.51mg |

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