

HOMEMADE BROCCOLI CHEESE SOUP



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/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 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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