

Homemade Golden Cheese/Broccoli Chowder



Servings:	288.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11675
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATER SPRNG	6 Gallon		686860
CELERY DCD 1/4IN	1 Gallon 2 Quart (24 Cup)		198196
CARROT DCD 1/4IN	1 Gallon 2 Quart (24 Cup)		200972
ONION DEHY CHPD	1 1/2 Cup		263036
BROCCOLI FLORET BITE SIZE	24 Pound		732451
BUTTER PRINT SLTD GRD AA	3 Quart		191205
FLOUR A/P PASTRY	3 Quart		260231
SALT IODIZED	3/4 Cup	READY_TO_EAT used to salt food	350732
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
MILK WHT 2	6 Gallon		504602
CHEESE AMER 160CT SLCD R/F	27 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
Ham, CKD, Frozen, 97% FF Commodity 100184	25 Pound	UNSPECIFIED	100184

Preparation Instructions

In steam kettle combine water, carrots, celery, and onion. Bring to a boil; reduce heat to half. Simmer until vegetables are tender/crisp. Add broccoli until is tender/crip for about 4 minutes. Do not drain vegetables. Add ham cubes. Turn the steam kettle off. To make the sauce, melt butter in a large saucepan, blend in flour, salt, and pepper. Cook for 1 minute, stirring constantly. Stir in milk ; cook until mixture thickens. Add to steam kettle and add cheese. Stir until cheese is melted. Heat until temp is 165 may need to turn up the heat on the kettle if needed.

Meal Components (SLE)

Amount Per Serving	
Meat	2.069
Grain	0.000
Fruit	0.000
GreenVeg	0.182
RedVeg	0.000
OtherVeg	0.083
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 288.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		269.78	
Fat		16.23g	
SaturatedFat		10.01g	
Trans Fat*		0.00g	
Cholesterol		59.41mg	
Sodium		897.83mg	
Carbohydrates		15.49g	
Fiber		1.59g	
Sugar		3.49g	
Protein		17.33g	
Vitamin A	2633.90IU	Vitamin C	31.19mg
Calcium	417.25mg	Iron	0.41mg

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

Nutrition - Per 100g

Calories		118.95	
Fat		7.16g	
SaturatedFat		4.41g	
Trans Fat*		0.00g	
Cholesterol		26.20mg	
Sodium		395.88mg	
Carbohydrates		6.83g	
Fiber		0.70g	
Sugar		1.54g	
Protein		7.64g	
Vitamin A	1161.35IU	Vitamin C	13.75mg
Calcium	183.98mg	Iron	0.18mg

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