

UNSEASONED BROCCOLI



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9441
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902

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: 1.00

Serving Size: 0.50 cup

Amount Per Serving			
Calories		16.67	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydrates		3.33g	
Fiber		2.00g	
Sugar		0.67g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available