

Steamed Broccoli



Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16180
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1 Gallon		610902
BUTTER SUB	1/2 Package		209810
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037

Preparation Instructions

Mix up and serve according to your kitchens instructions. Steam for 10-12 mins till temp of 165 degrees. Do not over or under cook.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.800
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		43.46	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		159.95mg	
Carbohydrates		10.13g	
Fiber		3.20g	
Sugar		1.07g	
Protein		3.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.33mg	Iron	1.07mg

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

Nutrition - Per 100g

No 100g Conversion Available