

Brussels Sprouts



Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15805
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL MED	2 Package		426288
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BASE HAM NO ADDED MSG	1/2 Tablespoon		686691

Preparation Instructions

Mix all together and steam 5-8 mins until 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.56		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1.54mg		
Carbohydrates	0.11g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.33mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available