

Cauliflower



Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15806
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER	1 Package		610882
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all together steam 8-10 mins till reaches 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.063
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	14.06		
Fat	1.38g		
SaturatedFat	0.88g		
Trans Fat*	0.00g		
Cholesterol	3.75mg		
Sodium	0.94mg		
Carbohydrates	0.31g		
Fiber	0.19g		
Sugar	0.06g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.56mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available