

Broccoli and Cheese



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15803
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Package		135261

Preparation Instructions

Heat cheese on steam about 15 mini till 165 degrees . Steam broccoli about 5-6 mins till 165 degrees then mix and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.126
Grain	0.000
Fruit	0.000
GreenVeg	0.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		151.72	
Fat		10.60g	
SaturatedFat		6.81g	
Trans Fat*		0.00g	
Cholesterol		30.27mg	
Sodium		605.68mg	
Carbohydrates		4.61g	
Fiber		0.04g	
Sugar		0.01g	
Protein		7.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	316.85mg	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