

# Broccoli & Cheese



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39415
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARLIC HRB NO SALT	1/5 Teaspoon	Ready To Eat	565164
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
SAUCE CHS CHED	1 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS IQF 20# P/L	1/2 Cup	Place in a minimum amount of boiling water while still frozen. The low temperature of the frozen vegetables will cool the water and stop boiling. Cook from second boil until tender. Avoid overcooking for better flavor and color. Season to taste. Marketing Tips	342622

## Preparation Instructions

2 bags of butter buds to 24 pounds of vegetables.

Garlic Herb Seasoning- 8 T to 24 pounds.

Combi Oven- Place vegetables in a perforated hotel pan inside a solid hotel pan. Steam for 5-10 minutes and check for doneness. Continue to cook if needed.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.549
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 Serving			
Amount Per Serving			
Calories		59.81	
Fat		4.40g	
SaturatedFat		2.53g	
Trans Fat*		0.00g	
Cholesterol		15.38mg	
Sodium		230.37mg	
Carbohydrates		2.03g	
Fiber		0.00g	
Sugar		0.55g	
Protein		3.85g	
Vitamin A	213.19IU	Vitamin C	0.00mg
Calcium	110.99mg	Iron	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available	
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