

Steamed Broccoli



Servings:	252.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	46 2/7 Pound	If no commodity is available use GFS#285590	110473
BUTTER PRINT SLTD GRD AA	15 3/7 Ounce		191205
SEASONING GARLIC HRB NO SALT	5 Fluid Ounce 2/7 Tablespoon (10 2/7 Tablespoon)	Any salt free seasoning may be used.	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 252.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.60		
Fat	1.37g		
SaturatedFat	0.87g		
Trans Fat*	0.00g		
Cholesterol	3.75mg		
Sodium	33.33mg		
Carbohydrates	5.51g		
Fiber	3.01g		
Sugar	1.00g		
Protein	3.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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