

# Broccoli & Cheese



Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52444
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
Water	1 Gallon	Boiling.	Water
SAUCE MIX CHS INST	1 Package		290319

## Preparation Instructions

- Steam the broccoli until 140 degrees.
- Mix the boiling water with the cheese sauce mix until smooth.
- Drain the vegetables and add cheese sauce.
- Hold in pass thru until ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	73.66		
<b>Fat</b>	1.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	337.30mg		
<b>Carbohydrates</b>	14.53g		
<b>Fiber</b>	3.05g		
<b>Sugar</b>	3.12g		
<b>Protein</b>	3.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available