

# 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	
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: 72.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	73.66		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	337.30mg		
Carbohydrates	14.53g		
Fiber	3.05g		
Sugar	3.12g		
Protein	3.05g		
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

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No 100g Conversion Available

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