

Seasoned Broccoli

Servings:	63.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52230
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	31 1/2 Cup	Approximately 9 pounds	610902
BUTTER ALT LIQ NT	1/2 Cup		614640
SEASONING NO SALT ORIG	2 Tablespoon		844071

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 63.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		31.90	
Fat		1.78g	
Saturated Fat		0.32g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.16mg	
Carbohydrates		3.33g	
Fiber		2.00g	
Sugar		0.67g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	23.46mg	Iron	0.67mg

Nutrition - Per 100g

No 100g Conversion Available	
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