

Broccoli & Cheese

Servings:	55.00	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
SAUCE CHS CHED	1 Package	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

Preparation Instructions

- Steam the broccoli until 140 degrees.
- 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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 55.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		120.90	
Fat		6.39g	
Saturated Fat		3.68g	
Trans Fat		0.00g	
Cholesterol		22.38mg	
Sodium		358.54mg	
Carbohydrates		8.25g	
Fiber		3.99g	
Sugar		2.13g	
Added Sugar		0.00g	
Protein		9.59g	
Vitamin A	310.09mcg	Vitamin C	0.00mg
Calcium	161.44mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available
