

# Broccoli with Cheese



<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22620

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	15 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED	120 Ounce	1 bag = 80 oz 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

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.549
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	85.34
<b>Fat</b>	4.40g
<b>Saturated Fat</b>	2.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.38mg
<b>Sodium</b>	248.37mg
<b>Carbohydrates</b>	6.10g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	1.55g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	6.85g
<b>Vitamin A</b> 213.19mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.32mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available