

Cheesy Cauliflower



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35745
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	24 Pound		610882
SAUCE CHS CHED	1 Quart		271081

Preparation Instructions

1. Place cauliflower 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

Meat/Meat Alternate	0.352
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.560
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	65.98
Fat	2.81g
Saturated Fat	1.62g
Trans Fat	0.00g
Cholesterol	9.85mg
Sodium	161.68mg
Carbohydrates	6.30g
Fiber	3.36g
Total Sugar	1.47g
Added Sugar	0.00g
Protein	5.82g
Vitamin A 136.44mcg	Vitamin C 0.00mg
Calcium 110.23mg	Iron 1.12mg

Nutrition - Per 100g

No 100g Conversion Available