

Broccoli

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-11458 |
| School: | Central Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|--|------------|
| BROCCOLI FLORETS IQF 20# P/L | 1/2 Cup | From frozen state place in a hotel pan with small amount of water. Heat at 350 degrees until it reaches 165 degrees. | 342622 |

Preparation Instructions

From frozen state place in a hotel pan with small amount of water. Heat at 350 degrees until it reaches 165 degrees.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.500 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|----------------------------|--------------------------|
| Calories | 12.50 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg** |
| Sodium | 7.00mg |
| Carbohydrates | 2.50g |
| Fiber | 1.30g |
| Total Sugar | 0.50g |
| Added Sugar | 0.00g** |
| Protein | 1.30g |
| Vitamin A 145.05mcg | Vitamin C 29.05mg |
| Calcium 17.50mg | Iron 0.31mg |

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available
