

Broccoli Florets

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26345
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli Florets US#1 50-1/2 CUP PG/CS- Graves County Schools	1/2 Cup	READY_TO_EAT	18D75

Preparation Instructions

Ready to eat

CCP: Hold for cold service at 41° F or lower.

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 Serving

Amount Per Serving	
Calories	17.40
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.90mg
Carbohydrates	3.00g
Fiber	1.02g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.30mg

Nutrition - Per 100g

No 100g Conversion Available