

# Broccoli



<b>Servings:</b>	1.00	<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-11458
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<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: 1.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available