

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