

Broccoli Bites

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-51595 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| BROCCOLI FLORET REG CUT | 1/2 Cup | | 732478 |

Preparation Instructions

Serve in 4oz tray 1/2 cup=1.11oz

Mix it up some just broccoli, some cauliflower and some mixed!

- Hold cold foods at 41 °F or below

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 | 25.00 |
| Fat | 0.25g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 32.50mg |
| Carbohydrates | 5.50g |
| Fiber | 2.50g |
| Total Sugar | 1.00g |
| Added Sugar | 0.00g |
| Protein | 2.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 31.20mg | Iron 0.54mg |

Nutrition - Per 100g

No 100g Conversion Available