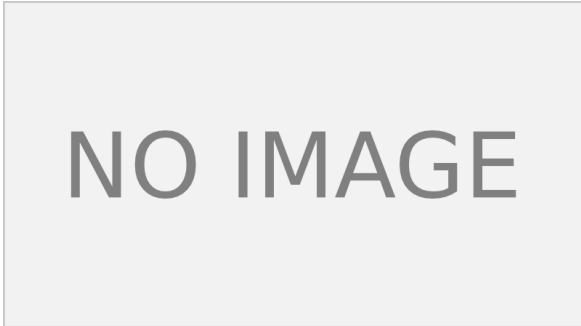


# Broccoli- Steamed



<b>Servings:</b>	105.00	<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-44266

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REG FINE GRIND	4 1/4 Teaspoon		225037
broccoli - frozen	15 Pound		110473

## Preparation Instructions

1. Place frozen broccoli in perforated steam table pans
2. Add 15 lbs. broccoli per pan (you may need to cut in pieces)
3. Steam closer to serving time to keep broccoli crisp. (3-5 minutes with no lid). Taste and temp broccoli as it should be crisp not mushy
4. Pour into solid pan and season according to directions.
- 5.. Batch cook as needed

CCP Hold at or above 135F

## 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: 105.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	7.43
<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>	6.29mg
<b>Carbohydrates</b>	1.43g
<b>Fiber</b>	0.86g
<b>Total Sugar</b>	0.29g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	0.86g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available