

# Broccoli & Cheese



<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44344

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	8 1/2 Pound	BAKE	285590
JTM Cheddar Cheese Sauce Boil in Bag	2 3/4 Pound	Use 1/2 bag of cheese	15013

## Preparation Instructions

Spray 2 medium pans. Put 15 lbs. of broccoli in each pan with lid.

Put one bag of cheddar cheese (leave in bag) in a shallow slotted pan. Steam cheese approximately 20-25 minutes. Check temp. Steam longer if needed.

Squeeze cheese into sprayed medium pan. Hold in pass-thru.

Wait to steam broccoli (with lid ajar) closer to serving time to maintain quality. Steam approximately 4 minutes. Temp & test. Drain well.

Add half of cheese to each pan. Cover with lid and put in heated pass-thru.

Cook to 135 degrees Fahrenheit (no minimum time):

Fruits

Vegetables

Rice, pasta, and other grains

Legumes

## 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>	0.000
<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: 40.00

Serving Size: 0.50 1

Amount Per Serving	
<b>Calories</b>	76.41
<b>Fat</b>	4.41g
<b>Saturated Fat</b>	2.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.42mg
<b>Sodium</b>	237.09mg
<b>Carbohydrates</b>	4.49g
<b>Fiber</b>	2.03g
<b>Total Sugar</b>	1.23g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	5.89g
<b>Vitamin A</b> 213.72mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.95mg	<b>Iron</b> 0.68mg

## Nutrition - Per 100g

No 100g Conversion Available