

Seasoned Broccoli

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57820
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

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: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	33.62		
Fat	0.91g		
Saturated Fat	0.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.48mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	51.02		
Fat	1.39g		
Saturated Fat	0.58g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	43.22mg		
Carbohydrates	7.59g		
Fiber	4.55g		
Total Sugar	1.52g		
Added Sugar	0.00g		
Protein	4.55g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg