

Broccoli with Cheese



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	15 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED	120 Ounce	1 bag = 80 oz BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.549
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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	85.34
Fat	4.40g
Saturated Fat	2.53g
Trans Fat	0.00g
Cholesterol	15.38mg
Sodium	248.37mg
Carbohydrates	6.10g
Fiber	3.00g
Total Sugar	1.55g
Added Sugar	0.00g
Protein	6.85g
Vitamin A 213.19mcg	Vitamin C 0.00mg
Calcium 134.32mg	Iron 1.00mg

Nutrition - Per 100g

Calories	100.34
Fat	5.17g
Saturated Fat	2.97g
Trans Fat	0.00g
Cholesterol	18.09mg
Sodium	292.03mg
Carbohydrates	7.17g
Fiber	3.53g
Total Sugar	1.82g
Added Sugar	0.00g
Protein	8.05g
Vitamin A 250.66mcg	Vitamin C 0.00mg
Calcium 157.93mg	Iron 1.18mg