

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 RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	51.88
Fat	1.41g
Saturated Fat	0.59g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	43.95mg
Carbohydrates	7.72g
Fiber	4.63g
Total Sugar	1.54g
Added Sugar	0.00g
Protein	4.63g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg