

Steamed Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53377
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	9 Pound		732478
SEASONING VEGETABLE NO SALT	3 Tablespoon		647230

Preparation Instructions

Place broccoli in steam pan with vegetable seasoning

Steam for 15 min or till al dente.

Place in separate pan.

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	25.83
Fat	0.26g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.58mg
Carbohydrates	6.40g
Fiber	2.58g
Total Sugar	1.03g
Added Sugar	0.00g
Protein	2.07g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 32.24mg	Iron 0.56mg

Nutrition - Per 100g

Calories	79.38
Fat	0.79g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	103.19mg
Carbohydrates	19.68g
Fiber	7.94g
Total Sugar	3.18g
Added Sugar	0.00g
Protein	6.35g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 99.07mg	Iron 1.71mg