

Steamed Broccoli

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|----------------------|--------------------|-----------------------|------------------|
| 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 |