

Broccoli Florets

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 ounces	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51486
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	1/4 Cup		732478

Preparation Instructions

serve with 2 oz spoodle with posted signage Take 2 for full serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.250
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 ounces

Amount Per Serving	
Calories	12.50
Fat	0.13g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.25mg
Carbohydrates	2.75g
Fiber	1.25g
Total Sugar	0.50g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 15.60mg	Iron 0.27mg

Nutrition - Per 100g

Calories	79.37
Fat	0.79g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	103.17mg
Carbohydrates	17.46g
Fiber	7.94g
Total Sugar	3.17g
Added Sugar	0.00g
Protein	6.35g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 99.05mg	Iron 1.71mg