

Broccoli with Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20352
School:	Millersburg Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	30 Pound	BAKE	285590
SAUCE CHS CHED SHRP	1 #10 CAN		150991

Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat. Usually about 1/2 of a 10# can.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.006
Grain	0.000
Fruit	0.000
DarkGreen	0.439
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	36.72
Fat	1.58g
Saturated Fat	0.32g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	179.12mg
Carbohydrates	5.13g
Fiber	1.76g
Total Sugar	1.53g
Added Sugar	0.00g
Protein	2.07g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 37.52mg	Iron 0.59mg

Nutrition - Per 100g

Calories	44.26
Fat	1.90g
Saturated Fat	0.38g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	215.91mg
Carbohydrates	6.19g
Fiber	2.12g
Total Sugar	1.85g
Added Sugar	0.00g
Protein	2.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 45.23mg	Iron 0.71mg