

# Broccoli with Cheese

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20352
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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