

Cheesy Broccoli

Servings:	274.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54661
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound	USDA Brown Box Commodity	110473
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	106 ounces	1 Package/Bag	310668

Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

Updated 5.20.26

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: 274.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	45.46
Fat	1.24g
Saturated Fat	0.80g
Trans Fat	0.00g
Cholesterol	3.54mg
Sodium	74.80mg
Carbohydrates	5.87g
Fiber	3.20g
Total Sugar	1.07g
Added Sugar	0.00g
Protein	4.09g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 28.66mg	Iron 0.00mg

Nutrition - Per 100g

Calories	45.77
Fat	1.25g
Saturated Fat	0.80g
Trans Fat	0.00g
Cholesterol	3.56mg
Sodium	75.30mg
Carbohydrates	5.91g
Fiber	3.23g
Total Sugar	1.08g
Added Sugar	0.00g
Protein	4.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 28.85mg	Iron 0.00mg