

Broccoli and Cauliflower with Cheese

NO IMAGE

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45371
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	10 Pound		610902
CAULIFLOWER IQF	10 Pound		285600
Shredded Cheddar Cheese	5 Cup		100003

Preparation Instructions

Steam Broccoli and Cauliflower Put shred cheese over vegetables steam for 15 minutes.

CCP Heat to 165 F or higher for at least 15 seconds

CCP Hold at 135 F or higher

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.267
Grain	0.000
Fruit	0.000
DarkGreen	0.233
Red/Orange	0.000
OtherVeg	0.355
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	48.57
Fat	2.40g
Saturated Fat	1.60g
Trans Fat	0.00g
Cholesterol	8.00mg
Sodium	68.04mg
Carbohydrates	3.75g
Fiber	2.11g
Total Sugar	1.18g
Added Sugar	0.00g
Protein	3.71g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 17.64mg	Iron 0.47mg

Nutrition - Per 100g

Calories	71.39
Fat	3.53g
Saturated Fat	2.35g
Trans Fat	0.00g
Cholesterol	11.76mg
Sodium	100.00mg
Carbohydrates	5.52g
Fiber	3.10g
Total Sugar	1.73g
Added Sugar	0.00g
Protein	5.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 25.93mg	Iron 0.69mg