

Broccoli & Cheese

NO IMAGE

| | | | |
|----------------------|--------|-----------------------|------------------|
| Servings: | 40.00 | Category: | Vegetable |
| Serving Size: | 0.50 1 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44344 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-----------------------|------------|
| BROCCOLI CUTS IQF | 8 1/2 Pound | BAKE | 285590 |
| JTM Cheddar Cheese Sauce Boil in Bag | 2 3/4 Pound | Use 1/2 bag of cheese | 15013 |

Preparation Instructions

Spray 2 medium pans. Put 15 lbs. of broccoli in each pan with lid.

Put one bag of cheddar cheese (leave in bag) in a shallow slotted pan. Steam cheese approximately 20-25 minutes. Check temp. Steam longer if needed.

Squeeze cheese into sprayed medium pan. Hold in pass-thru.

Wait to steam broccoli (with lid ajar) closer to serving time to maintain quality. Steam approximately 4 minutes. Temp & test. Drain well.

Add half of cheese to each pan. Cover with lid and put in heated pass-thru.

Cook to 135 degrees Fahrenheit (no minimum time):

Fruits

Vegetables

Rice, pasta, and other grains

Legumes

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 1

| Amount Per Serving | |
|--------------------------------|-------------------------|
| Calories | 76.41 |
| Fat | 4.41g |
| Saturated Fat | 2.53g |
| Trans Fat | 0.00g |
| Cholesterol | 15.42mg |
| Sodium | 237.09mg |
| Carbohydrates | 4.49g |
| Fiber | 2.03g |
| Total Sugar | 1.23g |
| Added Sugar | 0.00g |
| Protein | 5.89g |
| Vitamin A 213.72mcg RAE | Vitamin C 0.00mg |
| Calcium 134.95mg | Iron 0.68mg |

Nutrition - Per 100g

| | |
|--------------------------------|-------------------------|
| Calories | 61.38 |
| Fat | 3.54g |
| Saturated Fat | 2.04g |
| Trans Fat | 0.00g |
| Cholesterol | 12.39mg |
| Sodium | 190.45mg |
| Carbohydrates | 3.60g |
| Fiber | 1.63g |
| Total Sugar | 0.99g |
| Added Sugar | 0.00g |
| Protein | 4.73g |
| Vitamin A 171.67mcg RAE | Vitamin C 0.00mg |
| Calcium 108.40mg | Iron 0.54mg |