

Broccoli with Cheese Sauce

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23727
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	2 Pound		310668
Broccoli, No salt added, Frozen	10 Pound	USDA Brown Box Commodity	110473

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.027
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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	57.69
Fat	2.05g
Saturated Fat	1.32g
Trans Fat	0.00g
Cholesterol	5.85mg
Sodium	108.93mg
Carbohydrates	6.34g
Fiber	3.28g
Total Sugar	1.09g
Added Sugar	0.00g
Protein	4.74g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 47.41mg	Iron 0.00mg

Nutrition - Per 100g

Calories	52.99
Fat	1.88g
Saturated Fat	1.21g
Trans Fat	0.00g
Cholesterol	5.38mg
Sodium	100.04mg
Carbohydrates	5.83g
Fiber	3.01g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	4.36g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 43.54mg	Iron 0.00mg