

# Broccoli and Cauliflower with Cheese

NO IMAGE

<b>Servings:</b>	150.00	<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-45371
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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