

Broccoli- Steamed



Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REG FINE GRIND	4 1/4 Teaspoon		225037
broccoli - frozen	15 Pound		110473

Preparation Instructions

1. Place frozen broccoli in perforated steam table pans
2. Add 15 lbs. broccoli per pan (you may need to cut in pieces)
3. Steam closer to serving time to keep broccoli crisp. (3-5 minutes with no lid). Taste and temp broccoli as it should be crisp not mushy
4. Pour into solid pan and season according to directions.
- 5.. Batch cook as needed

CCP Hold at or above 135F

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: 105.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	7.43
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.29mg
Carbohydrates	1.43g
Fiber	0.86g
Total Sugar	0.29g
Added Sugar	0.00g**
Protein	0.86g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	11.46
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	9.70mg
Carbohydrates	2.20g
Fiber	1.32g
Total Sugar	0.44g
Added Sugar	0.00g**
Protein	1.32g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

**One or more nutritional components are missing from at least one item on this recipe.