

Seasoned Steamed Broccoli

Servings:	81.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31520
School:	Knox High School	Grams Per Serving:	84

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
SEASONING GARLIC PEPR	1 Tablespoon		655252

Preparation Instructions

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: 81.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	26.32
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.64mg
Carbohydrates	5.06g
Fiber	3.04g
Total Sugar	1.01g
Added Sugar	0.00g
Protein	3.04g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	31.33
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	38.86mg
Carbohydrates	6.03g
Fiber	3.62g
Total Sugar	1.21g
Added Sugar	0.00g
Protein	3.62g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg