

Steamed Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11973
School:	New Prairie Elementary School	Grams Per Serving:	94.5

Ingredients

Description	Measurement	DistPart #
BROCCOLI CUTS IQF	12 1/2 Pound	285590

Preparation Instructions

COOK BROCCOLI TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

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: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	27.16
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	16.29mg
Carbohydrates	5.43g
Fiber	3.26g
Total Sugar	1.09g
Added Sugar	0.00g
Protein	3.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 38.02mg	Iron 1.09mg

Nutrition - Per 100g

Calories	28.74
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	17.24mg
Carbohydrates	5.75g
Fiber	3.45g
Total Sugar	1.15g
Added Sugar	0.00g
Protein	3.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.23mg	Iron 1.15mg