

Steamed Cauliflower

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45018

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER BITE SIZE	12 1/2 Pound	732486

Preparation Instructions

COOK CAULIFLOWER 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	0.000
Red/Orange	0.000
OtherVeg	0.500
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	23.44
Fat	0.19g
Saturated Fat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	28.13mg
Carbohydrates	3.75g
Fiber	1.88g
Total Sugar	1.88g
Added Sugar	0.00g
Protein	1.88g
Vitamin A 0.00mcg RAE	Vitamin C 45.19mg
Calcium 20.63mg	Iron 0.39mg

Nutrition - Per 100g

Calories	24.80
Fat	0.20g
Saturated Fat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	29.76mg
Carbohydrates	3.97g
Fiber	1.98g
Total Sugar	1.98g
Added Sugar	0.00g
Protein	1.98g
Vitamin A 0.00mcg RAE	Vitamin C 47.82mg
Calcium 21.83mg	Iron 0.42mg