



## 825207 - Cheesy Broccoli:Fresh

Source: K12 Culinary  
 Number of Portions: 90  
 Size of Portion: 1/2 cup

### Components:

Meat/Alt: 0.75 oz  
 Grains:  
 Fruit:  
 Vegetable: 0.5 cup  
 Milk:

### Recipe Subgroups:

Vegetable, Dark Green

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825001R Cheese Sauce.....	1 gal	Prepare cheese sauce according to recipe #825001. Cover and hold until service.  <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold at 135° F or higher.</b>
011091 BROCCOLI,CKD,BLD,DRND,WO/SALT...	16 LBS (fresh florets)	Place 2 lb of fresh broccoli florets in each 2-inch full size perforated pan. Using 2 pounds broccoli per perforated pan ensures the broccoli will cook evenly. Just before service place the broccoli in the steamer and steam until bright green and tender-crisp, about 4 minutes. The exact time will depend on your steaming equipment. Do not overcook! and remember to batch cook for just in time service!  Transfer the steamed broccoli to 2-inch full size solid pans, 2 pounds broccoli per pan. Pour 2 cups of the cheese sauce over each pan of broccoli.  Serve ½ cup portions using a ½ cup spoodle.  <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold at 135° F or higher.</b>

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	119	kcal	Cholesterol	24	mg	Sugars	*1.0*	g	Calcium	167.59	mg	61.76%	Calories from Total Fat
Total Fat	8.16	g	Sodium	405	mg	Protein	7.26	g	Iron	0.52	mg	37.94%	Calories from Saturated Fat
Saturated Fat	5.02	g	Carbohydrates	5.48	g	Vitamin A	1336.5	IU	Water <sup>1</sup>	*84.16*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	2.33	g	Vitamin C	45.9	mg	Ash <sup>1</sup>	*0.57*	g	18.42%	Calories from Carbohydrates
												24.43%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.