



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. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
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. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.

*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 ¹	*84.16* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.33 g	Vitamin C	45.9 mg	Ash ¹	*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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.