

Cooking for Kids

Recipe Sizing Report

000109 - Steamed Broccoli with Garlic :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011090 BROCCOLI,RAW.....	15 lbs + 10 ozs	1. Wash and cut broccoli into florets and place in perforated hotel pan. Steam in steamer or combi-oven for 7-10 minutes or until slightly tender and bright green.
004696 MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,... 799939 GARLIC,RAW..... 799986 SALT, KOSHER.....	1/2 cup + 2 Tbsp 10 cloves 1 Tbsp + 3/8 tsp	2. In a small sauce pot, combine butter, minced garlic, and salt. Melt on low heat until butter is fully melted. Continue to heat mixture on very low heat for 10 minutes. 3. Place steamed broccoli in non-perforated pan and drizzle butter mixture on top of broccoli. Serve immediately.

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

Calories	35 kcal	Cholesterol	0 mg	Sugars	*1.2* g	Calcium	33.90 mg	36.27%	Calories from Total Fat
Total Fat	1.39 g	Sodium	75 mg	Protein	2.02 g	Iron	0.52 mg	7.64%	Calories from Saturated Fat
Saturated Fat	0.29 g	Carbohydrates	4.81 g	Vitamin A	491.6 IU	Water ¹	*63.70* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.85 g	Vitamin C	63.3 mg	Ash ¹	*0.65* g	55.69%	Calories from Carbohydrates
								23.36%	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.