

# Steamed Broccoli with Garlic - CACFP



## General Information

Recipe #	Category	Source
1755674	Vegetables 	Local

## Ingredients

Name	Quantity	+	Quantity 2
Broccoli, raw	15 3/8 oz.		
Margarine-like, margarine-butter blend, soybean oil and butter	1 7/8 tsp.		
Garlic, raw	3/4 tsp.		
Salt, table	1/4 tsp.		

## Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Wash and cut broccoli into florets and place in perforated hotel pan, or perforated 12 x 20 inch pan. Steam in steamer or combi-oven for 7- 10 minutes or until slightly tender and bright green.
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.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with



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Serving Size	Yield
0.5 Cup	6.00

## Nutrition Facts

Serving Size 0.5 Cup (75 gm)

Amount Per Serving		
Calories		35.433
		% Daily Value*
Total Fat	1.403 gm	2.158%
Saturated Fat	0.283 gm	1.416%
Trans Fat	0.211 gm	
Cholesterol	0.169 mg	0.056%
Sodium	127.165 mg	5.299%
Total Carbohydrate	4.942 gm	1.647%
Dietary Fiber	1.894 gm	7.576%
Total Sugars	1.237 gm	
Includes 0.000 gm of Added Sugars		
Protein	2.073 gm	4.145%
Vitamin A, RAE	34.046 mcg	3.783%
Vitamin C	64.844 mg	108.074%
Vitamin D	0.000 mcg	
Calcium	34.924 mg	3.492%
Iron	0.537 mg	2.983%
Potassium	231.029 mg	4.916%
Saturated Fat % of Calories		7.194 %

\* Indicates missing Nutrient Information.  
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds.

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated

02-26-2025

Created

02-26-2025

Meal Components

Component	Measurement
Dark Green	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe