

Steamed Broccoli with Garlic - NSLP



General Information

Recipe #	Category	Source
1755675	Vegetables 	Local
Copied From		
Steamed Broccoli with Garlic - CACFP 		

Ingredients

Name	Quantity	+	Quantity 2
Broccoli, raw	16 lbs.		
Margarine-like, margarine-butter blend, soybean oil and butter	¼ c.		
Garlic, raw	2 tbsp.		
Salt, table	⅓ c.		

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.



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Serving Size	Yield
0.5 Cup	100.00

Nutrition Facts

Serving Size 0.5 Cup (74 gm)

Amount Per Serving		
Calories		29.029
% Daily Value*		
Total Fat	0.722gm	1.111%
Saturated Fat	0.163gm	0.815%
Trans Fat	0.084gm	
Cholesterol	0.068mg	0.023%
Sodium	400.111mg	16.671%
Total Carbohydrate	4.880gm	1.627%
Dietary Fiber	1.891gm	7.562%
Total Sugars	1.235gm	
Includes 0.000 gm of Added Sugars		
Protein	2.059gm	4.118%
Vitamin A, RAE	27.117mcg	3.013%
Vitamin C	64.790mg	107.984%
Vitamin D	0.000mcg	
Calcium	34.705mg	3.47%
Iron	0.536mg	2.978%
Potassium	230.219mg	4.898%

Saturated Fat % of Calories 5.052 %

* 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.

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 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.

Meal Components

Component	Measurement
Dark Green	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
02-26-2025	02-26-2025

Edit Recipe