

# Easy Cheesy Broccoli (Frozen)



Low in fat  
Zero trans fat  
Zero cholesterol

## Easy Cheesy Broccoli (Frozen)

Number of portions: **38**    Size of portion: **1/2 Cup**

Ingredient	Measure	Procedure
Broccoli, chopped, frozen	8 lbs	Steam broccoli until done..
Cheddar Buds dry mix	4 oz	Combine Cheddar Buds(dry) with warm water in sauce pan. Pour over broccoli in serving pan. OPTIONAL: For a thicker sauce reduce water to 8oz. Alternative #1: May substitute milk for water. Alternative #2: May use fresh or frozen broccoli CCP: Hold for hot service at 135° or higher
Water, warm	16 fl oz	

### Nutritional Information

<b>Calories</b>	36	<b>Iron</b>	0.77 mg	<b>Protein</b>	2.68 g	30.06% Calories from protein
<b>Cholesterol</b>	1 mg	<b>Calcium</b>	64.70 mg	<b>Carbohydrates</b>	6.73 g	75.45% Calories from carbohydrates
<b>Sodium</b>	113 mg	<b>Vitamin A</b>	9874 IU	<b>Total Fat</b>	0.28g	6.98% Calories from trans fat
<b>Dietary Fiber</b>	2.86 g	<b>Vitamin A</b>	1977 RE	<b>Saturated Fat</b>	0.04 g	1.06% Calories from saturated fat
		<b>Vitamin C</b>	53.86 mg	<b>Trans Fat</b>	0.00*g	% Calories from trans fat

**Note:** \* - asterisk denotes nutrients with either missing or incomplete nutrient data