

Broccoli with Cheese Sauce (fresh)



Low in fat
Zero trans fat
Zero cholesterol

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Number of portions: **58** Size of portion: **1/2 Cup**

Ingredient	Measure	Procedure
Raw broccoli	4 lbs	Clean and trim broccoli. Weigh out florets. Steam broccoli until done..
Cheddar Buds dry mix	2 oz	Combine Cheddar Buds with warm water in sauce pan. Pour over broccoli in serving pan. 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	8 fl oz	

Nutritional Information

Calories	14	Iron	.23 mg	Protein	0.89 g	24.85% Calories from protein
Cholesterol	0 mg	Calcium	18.54 mg	Carbohydrates	2.81 g	78.54% Calories from carbohydrates
Sodium	40 mg	Vitamin A	196.6 IU	Total Fat	0.12g	7.34% Calories from total fat
Dietary Fiber	0.82 g	Vitamin A	48.6 RE	Saturated Fat	0.01 g	0.77% Calories from saturated fat
		Vitamin C	28.15 mg	Trans Fat	0.00*g	% Calories from trans fat

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