

Chef Robert's Broccoli & Cheese



Low in fat
Zero trans fat
Zero cholesterol

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Number of portions: **48** Size of portion: **1/2 Cup**

Ingredient	Measure	Procedure
Frozen broccoli	24 cups	Cook Frozen broccoli per package instructions.
Lowfat milk, 1% milkfat	6 cups	Warm milk and water in separate pan.
Water	6 cups	
Cheddar Buds dry mix	4 cups	Stir Cheddar Buds mix into warm water. Sauce will thicken as it cools. Drizzle Cheddar Buds over cooked broccoli and serve.

Nutritional Information

Calories	65	Iron	.57 mg	Protein	3.88 g	23.77% Calories from protein
Cholesterol	5 mg	Calcium	94.21 mg	Carbohydrates	11.78 g	72.14% Calories from carbohydrates
Sodium	244 mg	Vitamin A	989.9 IU	Total Fat	.41 g	5.60% Calories from trans fat
Dietary Fiber	2.76 g	Vitamin A	191.9 RE	Saturated Fat	.21 g	2.89% Calories from saturated fat
		Vitamin C	36.89 mg	Trans Fat	0.00*g	% Calories from trans fat

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