

Project Bread

Recipe: 000542 Broccoli with Garlic Parmesan

Recipe Source: Chefs in School
 Recipe Group: VEGETABLES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 4 OZ

011090 BROCCOLI,RAW..... 004582 VEGETABLE OIL,CANOLA..... 002047 SALT, TABLE..... 001032 CHEESE, PARMESAN, GRATED... 011215 GARLIC, RAW.....	21 LB 1/2 CUP 2 TSP 4 CUP 1/4 CUP	1. Cut broccoli up into bite size pieces and place in a commercial steamer. Steam for a couple of minutes so that broccoli retains its bright green color. Broccoli should still be slightly crunchy, but not raw. 2. While broccoli is cooking, mix together the oil, salt, parmesan cheese, and garlic in a large stainless steel mixing bowl. 3. Add the broccoli and toss all ingredients so that they are well incorporated. Serve immediately. Note: The broccoli should be cooked in separate batches for each lunch period to ensure that it looks and tastes fresh for every lunch. Prepare this recipe right before the lunch period begins since the broccoli will lose its bright color quickly.
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*Nutrients are based upon 1 Portion Size (4 OZ)

Calories	60 kcal	Cholesterol	3.52 mg	Protein	4.25 g	Calcium	89.77 mg	39.26%	Calories from Total Fat
Total Fat	2.62 g	Sodium	139.81 mg	Vitamin A	153.61 RE	Iron	0.74 mg	12.17%	Calories from Saturated Fat
Saturated Fat	0.81 g	Carbohydrates	6.60 g	Vitamin A	628.07 IU	Water ¹	86.10 g	*0.07%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.48 g	Vitamin C	85.07 mg	Ash ¹	1.28 g	43.97%	Calories from Carbohydrates
								28.29%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011090	BROCCOLI, RAW			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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I	004582	VEGETABLE OIL,CANOLA			
I	002047	SALT, TABLE			
I	001032	CHEESE, PARMESAN, GRATED			
I	011215	GARLIC, RAW			

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