

# Broccoli

Component :Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Broccoli, frozen, cut or chopped	10 lb 8 oz				<ol style="list-style-type: none"> <li>1. For fresh broccoli, trim and then wash under cold running water. Broccoli stems should be peeled prior to serving to children under 3.</li> <li>2. Cut the florets into ½ inch pieces and the stems into ¼ inch pieces for even cooking.</li> <li>3. Steam or boil for about 6-8 minutes. For boiling, only add enough water to cover the broccoli.</li> <li>4. Remove from heat when stem pieces are tender.</li> <li>5. CCP: Heat to 135° F or warmer</li> <li>6. CCP: Hold at 135° F or warmer.</li> <li>7. Drain and serve.</li> </ol>
OR	OR				
Broccoli, fresh, untrimmed	9 lb 15 oz				
OR	OR				
Broccoli, fresh, trimmed, ready to use	8 lb 2 oz				

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## Notes:

Nutrients calculated using Food Processor for broccoli, boiled, drained, chopped.

**Serving:** ½ cup cut, cooked, drained vegetable

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

## Nutrients Per Serving

<b>Calories</b>	27.30	<b>Saturated Fat</b>	0.06 g	<b>Iron</b>	0.52 mg
<b>Protein</b>	1.86 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	31.20 mg
<b>Carbohydrate</b>	5.60 g	<b>Vitamin A</b>	60.37 RAE mcg	<b>Sodium</b>	31.98 mg
<b>Total Fat</b>	0.32 g	<b>Vitamin C</b>	50.62 mg	<b>Dietary Fiber (2016)</b>	2.57 g