

Broccoli

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Broccoli, fresh, untrimmed OR Broccoli, fresh, trimmed, ready to use OR Broccoli, frozen, cut or chopped	9 lb 15 oz OR 8 lb 2 oz OR 10 lb 8 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> For fresh broccoli, stems should be peeled prior to serving to children under 3. Cut the florets into ½ inch pieces and the stems into ¼ inch pieces for even cooking. Steam or boil for about 6-8 minutes. For boiling, only add enough water to cover the broccoli. Remove from heat when stem pieces are tender. Drain and serve <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Notes:

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

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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

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