

# 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"> <li>For fresh broccoli, stems should be peeled prior to serving to children under 3.</li> <li>Cut the florets into ½ inch pieces and the stems into ¼ inch pieces for even cooking.</li> <li>Steam or boil for about 6-8 minutes. For boiling, only add enough water to cover the broccoli.</li> <li>Remove from heat when stem pieces are tender.</li> <li>Drain and serve</li> </ol> <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

<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