

BUTTER BUDS®

BROCCOLI WITH CHEESE SAUCE (FRESH)

Number of portions: 58 Size of portion: 1/2 Cup

Raw Broccoli	4 lbs.	Clean and trim broccoli. Weigh out florets. Steam broccoli until done.
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Cheddar Buds® , dry mix	2 oz.	Combine Cheddar Buds® with warm water in sauce pan. Pour over broccoli in serving pan.
Water, warm	8 fl. Oz.	Alternative #1 : May substitute milk for water Alternative #2: May use fresh or frozen broccoli CCP: Hold for hot service at 135° or higher

Nutritional Information

Calories 14 Iron .23 mg Protein 0.89 g 24.85% Calories from protein Cholesterol 0 mg Calcium 18.54 mg Carbohydrates 2.81 g 78.54% Calories from carbohydrates Sodium 40 mg Vitamin A 196.6 IU Total Fat 0.12g 7.34% Calories from total fat Dietary Fiber 0.82 g Vitamin A 48.6 RE Saturated Fat 0.01 g 0.77% Calories from saturated fat Vitamin C 28.15 mg Trans Fat 0.00*g % Calories from trans fat

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