

Idaho Department of Education

Recipe: 000185 Sweet and Tangy Broccoli K-12

Recipe HACCP Process:

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 cup

902464 USDA Reduced Cal Mayonnaise (Processed).... 083730 MUSTARD YELLOW PREPARED..... 019296 HONEY..... 009153 LEMON JUC,CND OR BTLD.....	1 QT 1 CUP 1 CUP 1/2 CUP	<p><u>Prepare Honey Mustard:</u> In a large bowl combine mayonnaise, mustard, honey, and lemon juice; mix well.</p>
902456 USDA Broccoli, Florets, Frozen 110282.....	41 3/4 LB	<p><u>Cook Broccoli:</u> Steam or boil broccoli according to the USDA foods instructions:</p> <ul style="list-style-type: none"> • <i>Stockpot or Steam-jacketed Kettle:</i> Add frozen broccoli to boiling water. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain. • <i>Steamer:</i> Place a single layer of frozen broccoli in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. Do not boil. <p>Note: DO NOT OVERCOOK. Broccoli should be tender yet crisp. Chill in the refrigerator. Drain liquid that accumulates during chilling.</p> <p><u>Assemble Swwet and Tangy Broccoli:</u> Toss honey mustard with chilled, cooked broccoli; store in the refrigerator.</p>
012023 SESAME SEEDS,WHOLE,DRIED.....	2 CUP	<p><u>Serve Sweet and Tangy Broccoli:</u> Sprinkle sesame seeds over the chilled broccoli just before serving. Serve 1 cup of chilled Sweet and Tangy Broccoli.</p>

*Nutrients are based upon 1 Portion Size (1 cup)

Calories	119 kcal	Cholesterol	6.40 mg	Protein	3.46 g	Calcium	*474.68* mg	35.33%	Calories from Total Fat
Total Fat	4.67 g	Sodium	116.08 mg	Vitamin A	*29.02* RE	Iron	*0.45* mg	6.38%	Calories from Saturated Fat
Saturated Fat	0.84 g	Carbohydrates	13.15 g	Vitamin A	*145.26* IU	Water ¹	*1.84* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.82 g	Vitamin C	*71.17* mg	Ash ¹	*0.17* g	44.23%	Calories from Carbohydrates
								11.63%	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

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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<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.....	1 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					
Moisture Change.	0%				? - Shellfish
Fat Change.....	0%				? - Soy
Type of Fat.....					? - Wheat

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902464	USDA Reduced Cal Mayonnaise (Processed)			
I	083730	MUSTARD YELLOW PREPARED			
I	019296	HONEY			
I	009153	LEMON JUC,CND OR BTLD			
I	902456	USDA Broccoli, Florets, Frozen 110282			
I	012023	SESAME SEEDS,WHOLE,DRIED			

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