

BROCCOLI COMBO

Yield 100

Portion 3/4 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 107 cal | 17 g | 4 g | 4 g | 0 mg | 67 mg | 39 mg |

Ingredient

BROCCOLI,FROZEN,SPEARS
 CORN,FROZEN,WHOLE KERNEL
 CARROTS,FROZEN,SLICED
 MARGARINE,MELTED
 RESERVED LIQUID

Weight

12 lbs
 12 lbs
 6 lbs
 1 lbs
 1-5/8 lbs

Measure

2 gal 3/4 qts
 2 gal 1/4 qts
 2 cup
 3 cup

Issue

Method

- 1 Cook broccoli for 6 to 8 minutes, corn for 5 to 10 minutes and carrots for 10 to 13 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 CCP: Vegetables must be heated to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.