

BROCCOLI (FRESH)

Yield 100

Portion 3 Stalks

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
38 cal	7 g	4 g	0 g	0 mg	112 mg	69 mg

Ingredient

WATER
SALT
BROCCOLI,FRESH,CHOPPED

Weight

37-5/8 lbs
5/8 oz
30 lbs

Measure

4 gal 2 qts
1 tbsp
9 gal 2-5/8 qts

Issue

49-1/8 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add broccoli; bring water back to a boil. Cover; cook for 10 to 15 minutes.
- 4 Place broccoil in serving pans. CCP: Heat to 145 F. or higher for 15 seconds for service. Hold for service at 140 F. or higher.