

BROCCOLI (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
38 cal	7 g	4 g	0 g	0 mg	105 mg	71 mg

Ingredient

WATER
 SALT
 BROCCOLI,FROZEN,CHOPPED

Weight

18-3/4 lbs
 5/8 oz
 30 lbs

Measure

2 gal 1 qts
 1 tbsp
 5 gal

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add broccoli; stir well. Return to a boil; cover.
- 4 Reduce heat; cook broccoli for 6 to 8 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place broccoli in serving pan. CCP: Hold for service at 140 F. or higher.