

The Culinary Institute of America

Recipe: 000106 HFHK Broccoli with Garlic oil

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 0.5 Cup

011090 BROCCOLI,RAW.....	2 GAL, florets	In a large pot or steam jacketed kettle, bring water to a rapid boil. Add the broccoli and let it come to a simmer. Cook for 2 minutes. Drain. Cool the broccoli in ice water.
004053 OIL,OLIVE,SALAD OR COOKING...	1/2 CUP	Heat the oil to medium heat. Add the garlic. Cook for 30 seconds but do not brown the garlic.
011215 GARLIC,RAW.....	2 TBSP	Add the broccoli and toss in the garlic oil.
002047 SALT,TABLE.....	1 1/2 TSP	Season with salt.

*Nutrients are based upon 1 Portion Size (0.5 Cup)

Calories	39 kcal	Cholesterol	0.00 mg	Protein	1.61 g	Calcium	27.15 mg	55.05%	Calories from Total Fat
Total Fat	2.37 g	Sodium	89.42 mg	Vitamin A	86.73 RE	Iron	0.43 mg	7.44%	Calories from Saturated Fat
Saturated Fat	0.32 g	Carbohydrates	3.85 g	Vitamin A	350.90 IU	Water ¹	50.49 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	1.47 g	Vitamin C	50.34 mg	Ash ¹	0.68 g	39.76%	Calories from Carbohydrates
								16.62%	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

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			N - Milk	? - Peanut
Grain.....	oz			N - Egg	? - Soy
Fruit.....	cup			N - Tree Nut	
Vegetable.....	0.5 cup			N - Fish	
Milk.....	cup			N - Shellfish	
Moisture & Fat Change				N - Wheat	
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

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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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011090	BROCCOLI,RAW			
I	004053	OIL,OLIVE,SALAD OR COOKING			
I	011215	GARLIC,RAW			
I	002047	SALT,TABLE			

Notes

Production Notes:
Our chef's recipe has been scaled up but not tested or standardized for production.

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:
Presented by Chef Lars Kronmark at the 2012 Healthy Flavors, Healthy Kids National Leadership Summit.

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