



Steamed Cauliflower (Fresh)

Q-109-50

Vegetables

G4G Color Code

Green

Sodium Code

Low

Time

7 - 8 min.

Yield

100 Portions

Each Portion

$\frac{3}{4}$ cup (2- $\frac{1}{2}$ oz)

Pan Size and Number

12 x 20 x 4-Inch Perforated Pans (3)

Nutrition Facts

Calories 22

Carbohydrates 4 g

Sugars* 2 g

Protein 2 g

Fat 0 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 27 mg

Calcium 20 mg

Fiber 1.8 g

Ingredients

Item	Measure	Weight	Approx issue
CAULIFLOWER, FRESH, FLORETS, 1- $\frac{1}{2}$ - 2-INCH	6- $\frac{3}{4}$ gal	19 lb 10 oz	43 lb 3 oz

Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Place about 2- $\frac{1}{4}$ gal (6 lb 9 oz) cauliflower in each (12 x 20 x 4-inch) perforated pan.
3. Steam cauliflower for 7 to 8 minutes or until tender. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
4. Transfer to serving pans and serve immediately or CP: hold hot at 135°F (57°C).

Recipe Notes

1. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
2. Original recipe number: Q-109-02