Arlington School District

Page 1 Recipe Sizing Report Oct 30, 2019

000755 - BROCCOLI, raw: fresh 1/2 CUP:

HACCP Process: No HACCP Process

Number of Portions: 1 Size of Portions: 1/2 CUP Alternate Recipe Name: BROCCOLI

011090 BROCCOLI,RAW.. 1/2 CUP (chopped)

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	15	kcal	Cholesterol	0	mg	Sugars	0.8	g	Calcium	21.39	mg	9.79%	Calories from Total Fat
Total Fat	0.17	g	Sodium	15	mg	Protein	1.28	g	Iron	0.33	mg	3.02%	Calories from Sat Fat
Sat Fat	0.05	g	Carbs	3.02	g	Vitamin A	283.5	IU	Water ¹	40.63	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	D. Fiber	1.18	g	Vitamin C	40.6	mg	Ash ¹	0.40	g	78.12%	Calories from Carbs
												33 18%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.