

ISD #347

000791 - Vegetable- CA Blend & Cheese : ISD 347 F2S	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 Cup Alternate Recipe Name: California Blend Veg. with Cheese Sauce				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011124 CARROTS,RAW..... 011135 CAULIFLOWER,RAW... 011090 BROCCOLI,RAW..... 000001 WATER,BOILING.....	6 lbs + 6 ozs 6 lbs + 6 ozs 6 lbs + 6 ozs 2 qts	1. Preheat Convection Oven to 325° F. or Steam in Steamer. 2. Slice carrots, as needed, and rinse cauliflower and broccoli buds. 3. Use a 6" deep full size steamtable pan with a 4" deep perforated pan placed on top. Place vegetables into the 4" deep perforated pan, sprayed with food release, up to 15 pounds per pan. 4. Bring water to a boil in a stock pot. Pour boiling water over the top of the vegetables and lightly stir so that they don't stick together. 5. CCP: Bake at 325° F. until internal temperature reaches 140° F. or higher or Steam for 12-15 minutes, checking vegetables every 1-2 minutes. DO NOT OVERCOOK.
900255 Sauce- Cheese..... 000001 WATER,BOILING.....	3 (1 Bag) 1 1/2 gals	6. Heat water to boiling in a stock pot. Turn off heat. Blend the 3 bags of Cheese Sauce Mix into the water by stirring briskly with a wire whip. Turn on heat. Stir over medium-high flame until sauce is thickened and smooth (approximately 1 minute). 7. Add Cheese Sauce to steamed Vegetables. Serve immediately. 8. CCP: Serving temperature must be 165° F. or hotter. Use 1/2 cup, 4 oz Spoodle. 9. CCP: Monitor temperature, if it falls below 140° F., reheat only once to 165° F. for 15 seconds.

Calories.....	92	Iron.....	0.43 mg	Protein.....	2.70 g	Protein.....	11.76%
Cholesterol..	3 mg	Calcium....	51.84 mg	Carbohydrates	13.53 g	Carbohydrates.	59.01%
Sodium.....	502 mg	Vitamin A..	5011.8 IU	Total Fat....	3.35 g	Total Fat.....	32.91%
Dietary Fiber	2.27 g	Vitamin A..	5011.8 RE	Saturated Fat	1.08 g	Saturated Fat.	10.57%
		Vitamin C..	40.6 mg	Trans Fat....	0.00* g	Trans Fat.....	0.00%

* - Denotes Missing Nutrient Values