

USDA Foods Product Information Sheet

For Child Nutrition Programs



110473— Broccoli, No Salt Added, Frozen

Category: Vegetables
Subgroup: Dark Green



PRODUCT DESCRIPTION

This item is U.S. Grade A broccoli in short spears or florets. This product is packaged in a 30-pound case.

CREDITING/YIELD

- One case yields about 164 ½ -cup servings cooked drained broccoli.
- CN Crediting: ½ cup cooked broccoli credits as ½ cup dark green vegetable.

CULINARY TIPS AND RECIPES

- Broccoli can be used in many dishes such as whole grain pasta primavera, casseroles such as brown rice and broccoli casserole, or roasted with a little oil and seasonings.
- Offering broccoli in a variety of forms can help schools meet the dark green vegetable requirements in the updated meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (92g) broccoli, spears, cooked, without salt

Amount Per Serving

Calories 26

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 22mg

Total Carbohydrate 5g

Dietary Fiber 3g

Sugars 1g

Protein 3g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.