



USDA Foods in Schools

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 delivered frozen in a case with 6/5 pound bags.

Crediting/Yield

- One case yields about 210 1/2-cup servings of cooked broccoli.
- CN Crediting: 1/2 cup cooked broccoli credits as 1/2 cup dark green vegetable.

Culinary Tips and Recipes

- Broccoli can be used in many dishes such as whole grain pasta primavera, brown rice and broccoli casserole, or roasted with a little oil and seasonings and served as a side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's 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](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (92g) broccoli, frozen, cooked

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 FoodData Central](#)

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

Nutrient values in this section are from the USDA FoodData Central 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.