

Cream of Broccoli Soup¹⁵

Number of Servings: 15 (298.9 g per serving)

Amount	Measure	Ingredient
4 3/4	Tbs	Margarine, soft, safflower oil
4 3/4	Tbs	Onion, white, fresh, chpd
9 1/2	Tbs	Flour, all purpose, white, bleached, enrich
1.00	Tbs	Base, chicken, low sod, 0144, FS
1/4	tsp	Spice, pepper, black
2 1/2	cup	Water, tap, municipal
9 1/2	cup	Milk, 1%, w/add vit A & D
19 1/2	oz	Carrots, fzn, slices
28 1/2	oz	Broccoli, chpd, fzn, 10oz pkg
3/4	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts	
Serving Size (299g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 290mg	12%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 8g	
Vitamin A 130%	Vitamin C 50%
Calcium 25%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Serving size: 1 1/3 cup =1CS

Melt margarine. Add onions and saute until tender

Add flour, a cup of the water and pepper to onions. Stir until blended. Cook for 2 minutes

Add rest of water, then chicken base and stir until mixture thickens and chicken base is completely dissolved and combined.

Add broccoli and carrots which have been cooked until just tender.

Stir in hot milk. Heat to 180F

HACCP

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

1 serving = 1 cup = 1 Carb Serving