

## Vegetables: Dark Green

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
BROCCOLI, CHEESE & RICE CASSEROLE	1013	177	3.63	362.24	M/MA, WGR, V:DG	½ OZ. EQ. MEAT/MEAT ALTERNATE, ½ OZ. EQ. WHOLE GRAIN, ½ CUP DARK GREEN VEGETABLE
BROCCOLI FLORETS WITH DIP (FRESH)	1148	29	0.03	133.30	V:DG	½ CUP DARK GREEN VEGETABLE
BROCCOLI SALAD (FRESH)	1106	124	1.75	405.47	V:DG	½ CUP DARK GREEN VEGETABLE
BROCCOLI SALAD WITH GRAPES (FRESH)	1110	133	1.23	225.79	V:DG, F	½ CUP DARK GREEN VEGETABLE, ¼ CUP FRUIT
CARROT, PEPPER STRIP & BROCCOLI	1019	68	0.05	431.96	V:R/O, V:DG, V:O	¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
CHEESY BROCCOLI AND CAULIFLOWER	1056	32	0.28	200.38	V:DG, V:O	¼ CUP SERVING DARK GREEN VEGETABLE, ¼ CUP SERVING OTHER VEGETABLE
CHEESY BROCCOLI (FROZEN)	1012	43	0.02	230.88	V:DG	½ CUP DARK GREEN VEGETABLE
GARDEN SALAD WITH DRESSING (FRESH)	1118	25	0.20	131.00	V:DG, V:O	¼ CUP DARK GREEN VEGETABLE, 1/8 CUP OTHER VEGETABLE
HERBED BROCCOLI AND CAULIFLOWER	1011	82	2.08	233.18	V:DG, V:O	¼ CUP DARK GREEN VEGETABLE, ¼ CUP OTHER VEGETABLE
RAW VEGGIES WITH DIP	1124	33	0.02	134.49	V:DG, V:R/O, V:O	1/8 CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE
SOUTHERN COLLARD GREENS (FROZEN)	1045	58	0.24	103.63	V:DG	½ CUP DARK GREEN VEGETABLE
SOUTHERN MUSTARD GREENS (FROZEN)	1047	34	0.11	52.15	V:DG	½ CUP SERVING OF DARK GREEN VEGETABLE
SOUTHERN TURNIP GREENS (FROZEN)	1046	57	0.24	87.84	V:DG	½ CUP DARK GREEN VEGETABLE
SPINACH SALAD (FRESH)	1119	88	1.81	343.59	M/MA, V:DG	½ OZ. EQ. MEAT/MEAT ALTERNATE, ½ CUP DARK GREEN VEGETABLE
STEAMED BROCCOLI FLORETS (FRESH)	1150	78	1.71	79.34	V:DG	½ CUP DARK GREEN VEGETABLE
STEAMED BROCCOLI FLORETS (FROZEN)	1152	70	1.67	67.09	V:DG	1/2 CUP DARK GREEN VEGETABLES



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STEAMED BROCCOLI SPEARS (FROZEN)	1014	39	0.82	102.43	V:DG	½ CUP DARK GREEN VEGETABLE
STEAMED SPINACH (FROZEN)	1048	64	0.88	210.29	V:DG	½ CUP SERVING OF DARK GREEN VEGETABLE
TOSSED SALAD WITH DRESSING (FRESH)	1126	31	0.02	144.75	V:DG, V:R/O	¼ CUP DARK GREEN VEGETABLE, ¼ CUP RED/ORANGE VEGETABLE