

roasted cauliflower

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49770
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER IQF	25 Pound	285600
CHEESE PARM GRTD	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	164259
OIL SALAD CANOLA NT	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	393843
SPICE GARLIC POWDER	1 Fluid Ounce	224839
SEASONING NO SALT ORIG	1 Fluid Ounce	844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	176.65
Fat	16.25g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	169.17mg
Carbohydrates	5.33g
Fiber	2.66g
Sugar	2.66g
Protein	5.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 107.83mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
