

Roasted Sweet Roots



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48400

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SMOOTH COIN CUT	2 1/4 Pound		313173
POTATO SWT DCD 3/4IN	6 1/4 Pound		869351
PARSNIP FRESH	2 Pound		500220
TURNIP	2 1/4 Pound		677960
RUTABAGA	2 1/2 Pound		677950
SALT SEA	1 3/8 Tablespoon		748590
OIL BLND CANOLA/XVGRN 80/20	7 Ounce		645182
SPICE PEPR BLK REST GRIND	1 3/8 Tablespoon		225061

Preparation Instructions

Instructions

Wash, peel and cut Rutabaga, Turnip, & Parsnips into ½-inch diced pieces.

Toss all vegetables with oil and season with salt and pepper.

Spread in a single layer on sheet pans and bake at 300° F for 20-30 minutes or until roasted and soft.

Recipe Notes

May be served hot or cold. Hold at 140° F or higher if serving hot or 41° F or lower if serving cold. This dish tastes sweeter after it is roasted then refrigerated.

Crediting: 1/2 cup = 3/8 cup starchy vegetable and 1/8 cup other vegetable

Nutrition Facts per Serving (0.5cup)

Calories: 117 kcal | Sodium: 241 mg

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	208.76
Fat	4.51g
SaturatedFat	0.28g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	536.72mg
Carbohydrates	40.67g
Fiber	9.90g
Sugar	15.26g
Protein	4.11g
Vitamin A 8143.42IU	Vitamin C 62.68mg
Calcium 129.88mg	Iron 1.62mg

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

Nutrition - Per 100g

Calories	184.09
Fat	3.97g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	473.30mg
Carbohydrates	35.86g
Fiber	8.73g
Sugar	13.46g
Protein	3.62g
Vitamin A 7181.27IU	Vitamin C 55.27mg
Calcium 114.53mg	Iron 1.43mg

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