

# Roasted Broccoli

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47742
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	9 Pound	trim into florets	732478
OIL BLND SOY/POM OLV 90/10	1/2 Cup		524948
SALT KOSHER PRM	1 Tablespoon		311356
SPICE PEPR BLK REG FINE GRIND	1/2 Tablespoon		225037

## Preparation Instructions

1. Preheat oven to 400
2. working in batches, toss the ingredients together in a large bowl until combined
3. Spread broccoli out onto sheet pans that are lined with sprayed parchment paper. Be sure that the broccoli is not crowded together, as you want it to gain some color, not steam
4. Roast broccoli for about 15 to 20mins or until a nice golden-brown color and it's somewhat soft. Keep in mind broccoli will continue to cook when it comes out of the oven.
5. Serve immediately or warm at room temperature.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.440
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	91.20
<b>Fat</b>	2.96g
<b>SaturatedFat</b>	0.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.80mg
<b>Carbohydrates</b>	15.84g
<b>Fiber</b>	7.20g
<b>Sugar</b>	2.88g
<b>Protein</b>	5.76g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 89.86mg	<b>Iron</b> 1.56mg

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

## Nutrition - Per 100g

No 100g Conversion Available