

# Roasted Asparagus



<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30737

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL	11 Pound	Wash well before use. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES	184290
OIL BLND CANOLA/XVRGN 75/25	1 Cup		743879
SALT KOSHER COARSE	1 Tablespoon		153550
SEASONING SIX PEPR BLEND	1 Tablespoon		229580

## Preparation Instructions

There are about 40 1/2 cup servings of asparagus per case.

1. Preheat oven to 400F.
2. Wash and thoroughly dry asparagus, then trim off woody ends.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Sprinkle with just salt for plain roasted asparagus, or with just 6-pepper seasoning blend for this version.
6. Roast for 30 minutes or until starting to crisp on the outside, shaking the pan once or twice during this time so the asparagus roasts evenly.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	91.56		
<b>Fat</b>	6.04g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	204.72mg		
<b>Carbohydrates</b>	8.80g		
<b>Fiber</b>	3.96g		
<b>Sugar</b>	2.20g		
<b>Protein</b>	4.84g		
<b>Vitamin A</b>	1991.88IU	<b>Vitamin C</b>	15.25mg
<b>Calcium</b>	45.54mg	<b>Iron</b>	1.80mg

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

## Nutrition - Per 100g

<b>Calories</b>	80.74		
<b>Fat</b>	5.33g		
<b>SaturatedFat</b>	0.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.53mg		
<b>Carbohydrates</b>	7.76g		
<b>Fiber</b>	3.49g		
<b>Sugar</b>	1.94g		
<b>Protein</b>	4.27g		
<b>Vitamin A</b>	1756.54IU	<b>Vitamin C</b>	13.44mg
<b>Calcium</b>	40.16mg	<b>Iron</b>	1.59mg

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