

Roasted Mushrooms



Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35901

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10	1 Tablespoon		732900
SALT SEA	1 Teaspoon		748590

Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	7.00		
Fat	0.40g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	56.00mg		
Carbohydrates	0.55g		
Fiber	0.20g		
Sugar	0.35g		
Protein	0.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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