

# Roasted Cauliflower



|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00      | <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-30465          |

## Ingredients

| Description                | Measurement  | Prep Instructions  | DistPart # |
|----------------------------|--------------|--|------------|
| CAULIFLOWER REG CUT        | 12 Pound     | 1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.<br>2. Break cauliflower into smaller pieces/trim if needed.         | 732494     |
| OIL BLND CNOLA/XVRGN 90/10 | 1 Cup        | 3. Toss cauliflower in olive oil and sprinkle with salt.<br>4. Divide cauliflower among sheet pans in single layer, not overlapping. | 732900     |
| SALT KOSHER COARSE         | 1 Tablespoon | 5. Roast until golden, about 20 minutes.   | 153550     |

## Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

## 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: 50.00

Serving Size: 4.00 Ounce

| Amount Per Serving      |                          |
|-------------------------|--------------------------|
| <b>Calories</b>         | 50.90                    |
| <b>Fat</b>              | 4.58g                    |
| <b>SaturatedFat</b>     | 0.42g                    |
| <b>Trans Fat</b>        | 0.00g                    |
| <b>Cholesterol</b>      | 0.00mg                   |
| <b>Sodium</b>           | 130.20mg                 |
| <b>Carbohydrates</b>    | 2.00g                    |
| <b>Fiber</b>            | 1.00g                    |
| <b>Sugar</b>            | 1.00g                    |
| <b>Protein</b>          | 1.00g                    |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 24.10mg |
| <b>Calcium</b> 11.00mg  | <b>Iron</b> 0.21mg       |

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

## Nutrition - Per 100g

|                         |                          |
|-------------------------|--------------------------|
| <b>Calories</b>         | 44.89                    |
| <b>Fat</b>              | 4.04g                    |
| <b>SaturatedFat</b>     | 0.37g                    |
| <b>Trans Fat</b>        | 0.00g                    |
| <b>Cholesterol</b>      | 0.00mg                   |
| <b>Sodium</b>           | 114.82mg                 |
| <b>Carbohydrates</b>    | 1.76g                    |
| <b>Fiber</b>            | 0.88g                    |
| <b>Sugar</b>            | 0.88g                    |
| <b>Protein</b>          | 0.88g                    |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 21.25mg |
| <b>Calcium</b> 9.70mg   | <b>Iron</b> 0.19mg       |

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