

# Roasted Cauliflower

NO IMAGE

<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. 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. 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

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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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