

Roasted Asparagus



Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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: 4.00 Ounce

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

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

Nutrition - Per 100g

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

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