

Roasted Cauliflower-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51914
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
CAULIFLOWER REG CUT	2 Gallon	732494
OIL OLIVE XVRGN ITAL	1 Fluid Ounce	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

Preparation Instructions

No Preparation Instructions available.

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	16.25
Fat	0.54g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	1.00g
Protein	1.00g
Vitamin A	0.00IU
Vitamin C	24.10mg
Calcium	11.00mg
Iron	0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available
