

Roasted Cauliflower



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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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Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	50.90		
Fat	4.58g		
Saturated Fat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.20mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	24.10mg
Calcium	11.00mg	Iron	0.21mg

Nutrition - Per 100g

Calories	44.89		
Fat	4.04g		
Saturated Fat	0.37g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.82mg		
Carbohydrates	1.76g		
Fiber	0.88g		
Total Sugar	0.88g		
Added Sugar	0.00g		
Protein	0.88g		
Vitamin A	0.00mcg	Vitamin C	21.25mg
Calcium	9.70mg	Iron	0.19mg