

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.
3. Toss with oil and seasoning.
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

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: 40.00

Serving Size: 4.00 Ounce

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

Nutrition - Per 100g

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