

Roasted Broccoli

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47742
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	9 Pound	trim into florets	732478
OIL BLND SOY/POM OLV 90/10	1/2 Cup		524948
SALT KOSHER PRM	1 Tablespoon		311356
SPICE PEPR BLK REG FINE GRIND	1/2 Tablespoon		225037

Preparation Instructions

1. Preheat oven to 400
2. working in batches, toss the ingredients together in a large bowl until combined
3. Spread broccoli out onto sheet pans that are lined with sprayed parchment paper. Be sure that the broccoli is not crowded together, as you want it to gain some color, not steam
4. Roast broccoli for about 15 to 20mins or until a nice golden-brown color and it's somewhat soft. Keep in mind broccoli will continue to cook when it comes out of the oven.
5. Serve immediately or warm at room temperature.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	1.440
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving	
Calories	91.20
Fat	2.96g
Saturated Fat	0.32g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.80mg
Carbohydrates	15.84g
Fiber	7.20g
Total Sugar	2.88g
Added Sugar	0.00g
Protein	5.76g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 89.86mg	Iron 1.56mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available