

# Broccoli-Roasted

NO IMAGE

<b>Servings:</b>	105.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47265
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB	1/2 Cup		209810
Black Pepper	2 Teaspoon	BAKE	24108
DRESSING MIX RNCH	1 Package		192716
broccoli - frozen	15 Pound		110473

## Preparation Instructions

1. Place frozen broccoli in lined sheet pans
2. Add 15 lbs. broccoli per pan (you may need to cut in pieces)
3. Roast at 400F for 8-12 minutes
4. Pour into solid pan and season according to directions.
5. Set on hot line for service
6. Batch cook as needed

CCP Hold at or above 135F

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	7.96		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	183.68mg		
<b>Carbohydrates</b>	1.58g		
<b>Fiber</b>	0.86g		
<b>Total Sugar</b>	0.29g		
<b>Added Sugar</b>	0.00g**		
<b>Protein</b>	0.86g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available