

Roasted Broccoli



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10	1/2 Cup		732900
SPICE GARLIC GRANULATED	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.630
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: 0.50 Cup

Amount Per Serving			
Calories	51.96		
Fat	2.24g		
Saturated Fat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	72.52mg		
Carbohydrates	6.54g		
Fiber	3.78g		
Total Sugar	1.26g		
Added Sugar	0.00g		
Protein	3.78g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.40mg	Iron	1.26mg

Nutrition - Per 100g

Calories	163.65		
Fat	7.06g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	228.41mg		
Carbohydrates	20.60g		
Fiber	11.91g		
Total Sugar	3.97g		
Added Sugar	0.00g		
Protein	11.91g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	92.60mg	Iron	3.97mg