

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 |