

Roasted Broccoli

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42280

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT	9 Pound		732478
OIL BLND SOY/POM OLV 90/10	1/4 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

Add a salt-free seasoning of your choice:

- * Italian
- * Garden Herb
- * Garlic Herb
- * All Purpose

Updated 1.8.25 jsh

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
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	74.40
Fat	1.77g
Saturated Fat	0.16g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.64mg
Carbohydrates	14.26g
Fiber	6.48g
Total Sugar	2.59g
Added Sugar	0.00g
Protein	5.18g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 80.87mg	Iron 1.40mg

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

Nutrition - Per 100g

Calories	91.13
Fat	2.17g
Saturated Fat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	146.55mg
Carbohydrates	17.46g
Fiber	7.94g
Total Sugar	3.17g
Added Sugar	0.00g
Protein	6.35g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 99.06mg	Iron 1.71mg

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