

Roasted Broccoli

Servings:	27.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55622
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	6 Pound	1/4 of a box for each full sheet pan	610902
SEASONING GARDEN NO SALT	1/8 Cup		565148
SPICE GARLIC POWDER	2 Tablespoon		224839
SPICE ONION POWDER	2 Tablespoon		195173
OIL BLND CANOLA/XVGRN 80/20	1/4 Cup		645182

Preparation Instructions

Toss or coat frozen broccoli well with olive oil and seasonings.

Bake on full size cooking sheet at 365 for 19 minutes.

Use 4 oz spoodle to cup broccoli

24/25 kj jh

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: 27.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	58.22
Fat	2.07g
Saturated Fat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	34.22mg
Carbohydrates	9.59g
Fiber	4.67g
Total Sugar	1.56g
Added Sugar	0.00g
Protein	4.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 36.30mg	Iron 1.56mg

Nutrition - Per 100g

Calories	57.76
Fat	2.06g
Saturated Fat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	33.95mg
Carbohydrates	9.52g
Fiber	4.63g
Total Sugar	1.54g
Added Sugar	0.00g
Protein	4.63g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 36.01mg	Iron 1.54mg