

Broccoli-Roasted

NO IMAGE

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47265
School:	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

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: 105.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

Calories	12.29
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	283.46mg
Carbohydrates	2.44g
Fiber	1.32g
Total Sugar	0.44g
Added Sugar	0.00g**
Protein	1.32g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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