



825098 - Lemon Roasted Cauliflower

Source: K12 Culinary

Number of Portions: 28

Size of Portion: 1/2 cup

Alternate Recipe Name: Lemon Spiced Cauliflower

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116.....	1/2 cup	Preheat oven to 400° F. Spray full size sheet pan with food release. Do not line pans with parchment paper as this inhibits the roasting process. Combine oil, chili powder, cumin, salt, and paprika in a large bowl or container. Whisk until combined.
002009 CHILI POWDER.....	2 1/2 tsp	
900670 CUMIN,GROUND.....	2 1/2 tsp	
002047 SALT, TABLE.....	2 tsp	
002028 PAPRIKA.....	1 1/4 tsp	
011136 CAULIFLOWER,CKD,BLD,DRND,WO/SALT...	4 LBS (florets, raw)	Weigh fresh cauliflower florets and add to bowl with seasoned oil. Toss gently to coat. Spread 4 lb of cauliflower florets in a single layer on each sheet pan. Use one pan for 28 servings. Bake at 400° F for 16-18 minutes or until cauliflower florets are tender and beginning to caramelize (brown) around the edges. CCP: Heat to 135° F or higher.
009153 LEMON JUC FROM CONC,CND OR BTLD.....	1 Tbsp + 1 tsp	Transfer cauliflower florets to 2 inch full size pans for service. Toss with each pan with 1 Tbsp lemon juice. Hold uncovered in hot holding cabinet until time for service. Serve ½ c using no. 8 disher or 4 oz spoodle. CCP: Hold for hot service at 135° F or higher.
		This recipe is best prepared for just in time service. Leftovers are not high quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	49	kcal	Cholesterol	0	mg	Sugars	*1.2*	g	Calcium	12.09	mg	79.49%	Calories from Total Fat
Total Fat	4.35	g	Sodium	182	mg	Protein	1.13	g	Iron	0.37	mg	6.16%	Calories from Saturated Fat
Saturated Fat	0.34	g	Carbohydrates	2.65	g	Vitamin A	131.5	IU	Water ¹	*53.84*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	1.46	g	Vitamin C	25.4	mg	Ash ¹	*0.82*	g	21.51%	Calories from Carbohydrates
												9.22%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.