



## 825183 - Roasted Broccoli Parmesan

Source: Farm to School

Number of Portions: 30

Size of Portion: 1/2 cup

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Dark Green

### Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011090 BROCCOLI,RAW.....	6 LBS (florets)	Preheat convection oven to 350°F. Rinse broxxoli and drain in a colander. If Farm to School broccoli is purchased as crowns, cut into bite-sized florets.
826508 Olive Oil Blend 90/10, Colavita L116..... 002020 GARLIC POWDER..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK.....	1/2 cup 3/4 tsp 3/4 tsp 3/4 TSP (ground)	In a large bowl, whisk together olive oil with garlic powder, salt and pepper. Add broccoli florets, and using a spatula, toss to coat evenly. Place 3 pounds of seasoned broccoli florets in a single layer on each full size sheet pan. Roast at 350°F for 10-15 minutes, or until fork tender and tips are starting to brown. <b>CCP:</b> Heat to 135° F or higher.
009524 LEMON JUC FROM CONC,BTLD,REAL LEMON... 001032 CHEESE,PARMESAN,GRATED.....	1/2 cup	Transfer broccoli to 2 1/2 inch full size steamtable pans for service. Toss with lemon juice and then sprinkle with grated Parmesan cheese.  Serve 1/2 cup with 4 oz spoodle.  This product is best when prepared for just in time service as leftovers are not good quality when reheated. <b>CCP:</b> Hold at 135° F or higher.

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

Calories	70	kcal	Cholesterol	*1*	mg	Sugars	1.6	g	Calcium	57.25	mg	58.04%	Calories from Total Fat
Total Fat	4.54	g	Sodium	118	mg	Protein	3.05	g	Iron	0.68	mg	7.16%	Calories from Saturated Fat
Saturated Fat	0.56	g	Carbohydrates	6.38	g	Vitamin A	581.9	IU	Water <sup>1</sup>	*81.87*	g	0.19%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.01	g	Dietary Fiber	2.38	g	Vitamin C	81.0	mg	Ash <sup>1</sup>	*1.07*	g	36.27%	Calories from Carbohydrates
												17.36%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present    NO = Absent    ? = Undefined							