



000653 - ROASTED BROCCOLI,SPRINGTOWNISD

Source: SPRINGTOWN ISD

Number of Portions: 50

Size of Portion: 1/2 CUP

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051459 BROCCOLI, FROZEN, FLORETS....	10 lbs	Day Before: Place broccoli in cooler to defrost. For best results, place in a 2" perforated pan placed over a 4" pan.
004053 OIL,OLIVE,SALAD OR COOKING.... 009152 LEMON JUICE,RAW..... 902849 SPICES, BASIL, GROUND..... 002029 PARSLEY,DRIED..... 002030 PEPPER,BLACK..... 002026 ONION POWDER..... 002020 GARLIC POWDER..... 002047 SALT,TABLE..... 001032 CHEESE,PARMESAN,GRATED.....	3/4 cup 1/4 cup 1 TBSP (ground) 3 Tbsp 2 TSP (ground) 1 Tbsp 2 tsp 1 tsp 1 cup	Day Of: To Cook: 1. Preheat oven to 400 F. 2. Using a whisk, combine olive oil, lemon juice, basil, parsley, pepper, onion powder, garlic powder, salt, and parmesan cheese.
011282 ONIONS,RAW.....	3/4 CUP (chopped)	3. Toss Broccoli and onions with oil/spice mixture. 4. Place broccoli in a single layer on lined sheet pans. Do not overcrowd pans or broccoli will steam rather than roast! 5. Roast for approximately 16 minutes or until just fork tender. CCP: Heat to 135° F or higher.
		To Serve: 1. Serve 1/2 cup roasted broccoli to each customer. Batch cook to prevent long hold times! Broccoli will continue to cook in warmer and on steam table. Note: the FBG does not have frozen florets listed; chopped and spears are the only forms of frozen broccoli listed. After testing, 10 lbs will yield 50 servings.

CCP: Hold at 135° F or higher.

CCP: Hold for hot service at 135° F or higher

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

Calories	66 kcal	Cholesterol	2 mg	Protein	3.70 g	Calcium	73.16 mg	53.84%	Calories from Total Fat
Total Fat	3.93 g	Sodium	100 mg	Vitamin A	*6.4* RE	Iron	0.71 mg	11.20%	Calories from Saturated Fat
Saturated Fat	0.82 g	Carbohydrates	5.60 g	Vitamin A	*937.3* IU	Water ¹	*3.72* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.91 g	Vitamin C	37.2 mg	Ash ¹	*0.33* g	34.09%	Calories from Carbohydrates
								22.53%	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

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