

# Washington County School District

**Recipe: 001830 BROCCOLI, ROASTED**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source:  
Recipe Group: VEGETABLES

Alternate Recipe Name: ROASTED BROCCOLI

Number of Portions: 30  
Size of Portion: 3/4 CUP

903700 BROCCOLI, RAW..... 004582 OIL,CANOLA..... 900099 PARMESAN CHEESE...	3 1/3 LB 1/2 CUP 1/2 CUP	1: TOSS BROCCOLI WITH OIL 2: PLACE A SINGLE LAYER OF BROCCOLI ON LINED SHEET PANS. 3: ROAST AT 400° FOR 15 TO 20 MINUTES, UNTIL TENDER 4: SPRINKLE WITH PARMESAN CHEESE.
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\*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	55 kcal	Cholesterol	1.33 mg	Sugars	*0.85* g	Calcium	*16.00* mg	72.69%	Calories from Total Fat
Total Fat	4.47 g	Sodium	35.13 mg	Protein	1.93 g	Iron	*0.00* mg	8.81%	Calories from Saturated Fat
Saturated Fat	0.54 g	Carbohydrates	3.29 g	Vitamin A	*26.67* IU	Water <sup>1</sup>	*0.00* g	0.24%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.01 g	Dietary Fiber	1.30 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*0.00* g	23.82%	Calories from Carbohydrates
								13.96%	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.

Miscellaneous	Attributes	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
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**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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I	903700	BROCCOLI, RAW			
I	004582	OIL, CANOLA			
I	900099	PARMESAN CHEESE			

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