

# 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

799936 BROCCOLI,RAW.....	8 3/4 LB	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.
004582 OIL,CANOLA.....	1/2 CUP	
900099 PARMESAN CHEESE...	1/2 CUP	

\*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	83 kcal	Cholesterol	1.33 mg	Sugars	*0.00* g	Calcium	78.18 mg	51.38%	Calories from Total Fat
Total Fat	4.76 g	Sodium	62.32 mg	Protein	4.26 g	Iron	0.97 mg	6.41%	Calories from Saturated Fat
Saturated Fat	0.59 g	Carbohydrates	8.78 g	Vitamin A	850.88 IU	Water <sup>1</sup>	118.14 g	*0.16%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.01* g	Dietary Fiber	3.44 g	Vitamin C	118.01 mg	Ash <sup>1</sup>	1.15 g	42.17%	Calories from Carbohydrates
								20.47%	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..... 0.75 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	004582	OIL,CANOLA			
I	900099	PARMESAN CHEESE			

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