

Cooking for Kids

Recipe Sizing Report

000087 - Italian Roasted Cauliflower :	Components	Attributes
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
011135 CAULIFLOWER,RAW.....	13 lbs	1. Clean and cut cauliflower into bite sized pieces, if not already florets.
001185 PARMESAN CHS TOPPING,FAT FREE... 002031 PEPPER,RED OR CAYENNE..... 902972 ITALIAN SEASONING..... 050385 OIL, VEGETABLE.....	1/2 cup 1 tsp 1 oz 1/2 cup	2. Combine cauliflower, cheese, and other seasonings with oil and toss until fully incorporated.
		3. Place on a sheet tray with parchment and bake in a 400° F oven for 12 minutes or until golden brown. Hold hot, above 135° F for service.

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

Calories	52 kcal	Cholesterol	0 mg	Sugars	*2.3* g	Calcium	32.40 mg	44.38%	Calories from Total Fat
Total Fat	2.55 g	Sodium	45 mg	Protein	2.59 g	Iron	0.54 mg	8.69%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	6.20 g	Vitamin A	16.2 IU	Water ¹	*108.65* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.37 g	Vitamin C	56.9 mg	Ash ¹	*0.95* g	47.93%	Calories from Carbohydrates
								20.01%	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.