

Cooking for Kids

Recipe Sizing Report

| 000087 - Italian Roasted Cauliflower : | Components | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|---|---|------------|-------------------|------------------|--|
| HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1/2 CUP | Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk: | | | | ? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat |

| Ingredients | Measures | Instructions |
|---|----------------------------------|---|
| 011135 CAULIFLOWER,RAW..... | 26 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 cup 2 tsp 2 ozs 1 cup | 2. Combine cauliflower, cheese, and seasonings with oil and toss until fully incorporated. 3. Place on a sheet tray lined 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.