Cooking for Kids

000502 - Italan Roastd Cauliflwer CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 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...............................	27 5/8 cups	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....................................	1/4 cup 1/2 tsp 4 Tbsp 1/4 cup	2. Combine cauliflower, cheese, and seasonings with oil and toss until fully incorporated. 3. Place on a sheet tray, or 18 x 13 inch 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.