Recipe	Sizina	Report
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000250 Pagetod Agneroque	Components	Attributes	Allergens	Allergens	Allergens
000250 - Roasted Asparagus :	Components		Present	Absent	Unidentified
HACCP Process: No HACCP Process	Meat/Alt:				? - Milk
Number of Portions: 100	Grains:				? - Egg
Size of Portion: CUP	Fruit:				? - Peanut
	Vegetable: 1 cup				? - Tree Nut
	Milk:				? - Fish
					? - Shellfish
					? - Soy
					? - Wheat

Ingredients	Measures	Instructions
011012 ASPARAGUS,CKD,BLD,DRND	6 1/4 gals	Lay out asparagus in a single layer on a sheet tray with parchment.
050385 OIL, VEGETABLE 799939 GARLIC,RAW 799986 SALT, KOSHER 002036 ROSEMARY,DRIED	1 cup 1 cup 1/4 cup 1 cup	2. In a small bowl, combine oil, minced garlic, salt, and rosemary. Stir until fully combined and drizzle mixture on top of asparagus. 3. Roast in a 350° F oven for 15 minutes or until tender. Serve immediately.

*Nutrients are based upon 1 Portion Size (CUP)

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Calories	63 kcal	Cholesterol	0 mg	Sugars	*2.3* g	Calcium	51.23 mg	38.25% Calories from Total Fat
Total Fat	2.67 g	Sodium	213 mg	Protein	4.43 g	Iron	1.83 mg	6.46% Calories from Saturated Fat
Saturated Fat	0.45 g	Carbohydrates	8.22 g	Vitamin A	1828.9 IU	Water ¹	*167.58* g	*0.00%* Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.87 g	Vitamin C	14.6 mg	Ash ¹	*1.19* g	52.39% Calories from Carbohydrates
								28.28% Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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.

^{* -} 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.