

Cooking for Kids

Recipe Sizing Report

000250 - Roasted Asparagus :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: CUP	Meat/Alt: Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011012 ASPARAGUS,CKD,BLD,DRND...	3 gals + 2 cups	1. 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.....	1/2 cup 1/2 cup 2 Tbsp 1/2 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)

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

* - 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.