Cooking for Kids

000009 - Roasted Cauliflower :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 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...........	13 lbs	1. Clean and cut cauliflower into bite sized pieces if not already in florets.
799986 SALT, KOSHER..................... 002010 CINNAMON,GROUND........... 002012 CORIANDER LEAF,DRIED.... 799902 CUMIN,GROUND................... 901561 THYME LEAF,DRIED............. 050385 OIL, VEGETABLE..................	1 Tbsp 2 tsp 2 Tbsp 2 Tbsp 2 Tbsp 1/2 cup	2. Combine cauliflower, salt, cinnamon, coriander, cumin, thyme, and oil. Mix until fully coated. 3. Place on a sheet tray lined with parchment and place in a 400°F oven for 20 minutes or until golden brown and tender.

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

Calories	50 kcal	Cholesterol	0 mg	Sugars	*2.3* g	Calcium	32.50 mg	45.98% Calories from Total Fat
Total Fat	2.58 g	Sodium	130 mg	Protein	2.34 g	Iron	0.85 mg	8.59% Calories from Saturated Fat
Saturated Fat	0.48 g	Carbohydrates	6.17 g	Vitamin A	12.3 IU	Water[1]	*108.63* g	*0.00%* Calories from Trans Fat
Trans Fat[2]	*0.00* g	Dietary Fiber	2.49 g	Vitamin C	57.3 mg	Ash[1]	*0.94* g	48.96% Calories from Carbohydrates
								18.57% 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.