

Cooking for Kids

Recipe Sizing Report

000529 - Roasted Cauliflower CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service 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.....	3 1/2 head large (6-7" dia.)	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.....	1/2 Tbsp 1 tsp 1 Tbsp 1 Tbsp 1 Tbsp 1/4 cup	2. Combine cauliflower, salt, cinnamon, coriander, cumin, thyme, and oil. Mix until fully coated. 3. Place on a sheet tray, or 18 x 13 inch 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.

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.