Italian Roasted Broccoli - CACFP

Health-e Pro
MENU PLANNING

GENERAL INFORMATION

Recipe #
1691083

Category
Vegetables 🥦

Source
Local

INGREDIENTS

Name	Quantity	+	Quantity 2
Broccoli, raw	4 lbs.		
Parmesan cheese topping, fat free	¼ c.		
Spices, pepper, red or cayenne	¼ tsp.		
Spices, Italian Seasoning, 28oz, 1.75#, Monarch 207250	2 tbsp.		
Vegetable oil, palm kernel	2 tbsp.		

PREPARATION INSTRUCTIONS

HACCP Process: #3 - Complex Food Preparation

1. Wash and cut broccoli into bite sized pieces, if not already florets (if using frozen broccoli, pat it dry).

2. In a large bowl, combine broccoli, cheese, and other seasonings with oil and toss until fully incorporated.

3. Place on a sheet tray or baking tray with edges lined with parchment and bake in a 400° F oven for 10-15 minutes or until golden brown. Hold hot for service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.
Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

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Serving Size
0.5 Cup

Yield
25.00

Nutrition Facts

Serving Size 0.5 Cup (75 gm)

Amount Per Serving

Calories   37.071

*% Daily Value**

Total Fat 1.400 gm		**2.153** %
Saturated Fat 0.995 gm		**4.975** %
Trans Fat 0.000* gm		
Cholesterol 0.160 mg		**0.053** %
Sodium 33.155 mg		**1.381** %
Total Carbohydrate	5.149 gm	**1.716** %
Dietary Fiber 1.892 gm		**7.567** %
Total Sugars 1.248 gm		
Includes 0.000* of Added Sugars		
Protein 2.369 gm		**4.738** %
Vitamin A, RAE N/A* mcg		
Vitamin C 64.750 mg		**107.917** %
Vitamin D 0.000 mcg		
Calcium 40.537 mg		**4.054** %
Iron 0.571 mg		**3.173** %
Potassium 234.499 mg		**4.989** %
Saturated Fat % of Calories		**24.154%**

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Dark Green	0.5 cups

Vendors

US Foods 🏪

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated	Created
05-07-2025	10-09-2024