


# Parmesan Garlic Roasted Broccoli - NSLP

## General Information

Recipe #	Category	Source
1840036	Vegetables 	Local

## Ingredients

Name	Quantity	+ Quantity 2
Broccoli, raw	8 lbs.	
Parmesan cheese topping, fat free	1 qt.	
Garlic, raw	½ c.	
Vegetable oil, palm kernel	¼ c.	

## Preparation Instructions

HACCP Process: #2 - Same Day Service

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, garlic and oil. Toss until fully incorporated.
3. Place on a sheet tray or baking tray with edges lined with parchment and sprinkle with parmesan cheese. Bake in a 400° F oven for 10-15 minutes or until golden brown. Hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

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.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

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.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.



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Serving Size	Yield
0.5 Cup	50.00

## Nutrition Facts

Serving Size 0.5 Cup (81 gm)

Amount Per Serving		
Calories		59.778
		% Daily Value*
<b>Total Fat</b>	1.685 gm	2.593%
<b>Saturated Fat</b>	1.171 gm	5.857%
<b>Trans Fat</b>	0.000* gm	
<b>Cholesterol</b>	1.280 mg	0.427%
<b>Sodium</b>	97.781 mg	4.074%
<b>Total Carbohydrate</b>	7.829 gm	2.61%
<b>Dietary Fiber</b>	1.916 gm	7.662%
<b>Total Sugars</b>	1.343 gm	
<b>Includes 0.000 * gm of Added Sugars</b>		
<b>Protein</b>	4.693 gm	9.386%
<b>Vitamin A</b>	25.058 mcg RAE	2.784%
<b>Vitamin C</b>	65.161 mg	108.602%
<b>Vitamin D</b>	0.000 mcg	
<b>Calcium</b>	87.772 mg	8.777%
<b>Iron</b>	0.873 mg	4.85%

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

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

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

### Dates

Last Updated

03-03-2026

Created

07-18-2025

Potassium 273.190mg **5.813%**

Saturated Fat % of Calories **17.635 %**

Added Sugar % of Calories **0.000 %**

\* 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 the daily diet. 2,000 calories a day is used for general nutrition advice.

### Meal Components

Component	Measurement
Dark Green	0.5 cups

### Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe