

Category:Roasted Brussels Sprouts (Fresh)

Q-106-51

Vegetables

G4G Color Code

green

Sodium Code

moderate

Yield

100 Portions

Each Portion

¾ cup (3-1/4 oz)

Pan Size and Number

18 x 26-Inch Sheet Pans (6), 12 x 20 x 2-1/2-Inch Steam Table Pans (4)



Ingredients

| Item | Measure | Weight | Approx Issue |
|----------------------------------|----------------|-----------|--------------|
| BRUSSELS SPROUTS, TRIMMED, WHOLE | 8 gal + 1-½ qt | 31 lb | 41 lb 14 oz |
| OIL, CANOLA | 2-½ cup | 1 lb 2 oz | |
| SALT | 3 tbsp + 1 tsp | 2.4 oz | |
| PEPPER, BLACK, GROUND | 3 tbsp + 2 tsp | 0.90 oz | |

Nutrition Facts

| | |
|---------------|--------|
| Calories | 104 |
| Carbohydrates | 11 g |
| Sugars* | 3 g |
| Protein | 4 g |
| Fat | 6 g |
| Saturated Fat | 0.5 g |
| Cholesterol | 0 mg |
| Sodium | 294 mg |
| Calcium | 51 mg |
| Fiber | 4.5 g |

Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Combine Brussels sprouts, oil, salt and pepper; mix well.
3. Spray each sheet pan with cooking spray.
4. Place 5 lbs 3 oz (1 gal 1-½ qts) on each sheet pan. Arrange the Brussels sprouts in a single layer. Do not crowd the pans.
5. Using a convection oven, roast at 350°F (177°C) on high fan, open vent for 11 to 13 minutes. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
6. Transfer Brussels sprouts to serving pans. Serve immediately or CP: Hold for hot service at 135°F (57°C).

Temperature

350°F (177°C)

Time

11 - 13 min.

Recipe Notes

1. Two No. 10 scoops may be used for each portion.
2. The size of Brussels sprouts can vary widely from small sprouts (<1 inch wide) to larger sprouts (1-½ to 2 inches wide). If working with larger sprouts; cut them in half in order to maintain the desired yield and to enable proper and even cooking.
3. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
4. Original recipe number: Q-106-00