



825098 - Lemon Roasted Cauliflower

Source: K12 Culinary
 Number of Portions: 28
 Size of Portion: 1/2 cup
 Alternate Recipe Name: Lemon Spiced Cauliflower

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:	Vegetable, Other	Vegetables
Grains:		
Fruit:		
Vegetable: 0.5 cup		
Milk:		

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116... 002009 CHILI POWDER..... 900670 CUMIN,GROUND..... 002047 SALT, TABLE..... 002028 PAPRIKA.....	1/2 cup 2 1/2 tsp 2 1/2 tsp 2 tsp 1 1/4 tsp	Preheat oven to 400 degrees F. Spray full size sheet pan with pan release. Do not line pans with parchment paper as this inhibits roasting procedure. Combine oil, chili powder, cumin, salt, and paprika in a large bowl or container. Using a whisk, mix until combined.
011135 CAULIFLOWER,RAW.....	4 LBS (florets, EP)	Weigh cauliflower florets and add to seasoned oil. Toss gently to coat. Spread 4 lbs. of cauliflower florets in a single layer on each sheet pan. Use one pan for 28 servings. Bake at 400 degrees F for 16-18 minutes or until cauliflower florets are tender and browned on edges. CCP: Heat to 135° F or higher.
009153 LEMON JUC,CND OR BTLD.....	1 Tbsp + 1 tsp	Transfer cauliflower florets to 2 inch deep full size steamtable pans for service. Toss with lemon juice. Hold uncovered in hot holding cabinet until time for service. Serve 1/2 c using no. 8 disher or 4 oz. spoodle. CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not high quality when reheated.

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

Calories	52 kcal	Cholesterol	0 mg	Sugars	*1.3* g	Calcium	17.21 mg	73.53%	Calories from Total Fat
Total Fat	4.27 g	Sodium	193 mg	Protein	1.33 g	Iron	0.46 mg	6.56%	Calories from Saturated Fat
Saturated Fat	0.38 g	Carbohydrates	3.52 g	Vitamin A	124.7 IU	Water ¹	*60.39* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.44 g	Vitamin C	31.4 mg	Ash ¹	*0.97* g	26.93%	Calories from Carbohydrates
								10.16%	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.