

John Stalker Institute

000206 - Roasted Broccoli

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: 50
Size of Portion: 1/2 cup

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0.5 Cup
Milk: 0 Cup

011090 BROCCOLI,RAW..... 10 LB 004053 OIL,OLIVE,SALAD OR COOKING... 1/2 CUP 002047 SALT,TABLE..... 3/4 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground	<p>1. Steam the broccoli florets in a perforated pan until tender but still firm, 4-8 minutes depending on the intensity of the steamer and size of the broccoli. They should retain their bright green color.</p> <p>ALTERNATE COOKING METHOD: The broccoli can also be dropped into a pot of vigorously boiling water, cooked briefly, then drained.</p> <p>2. Combine the broccoli with the salt, black pepper, and oil in a hotel pan or large bowl. Toss thoroughly to evenly coat the broccoli.</p> <p>3. Spread broccoli on a parchment-covered sheet pan and roast briefly, until tender and hot. Broccoli may brown in places, this will add flavor. To skip a step, you can also roast the raw broccoli without steaming, it will just take longer for them to cook.</p> <p>Convection Oven: 400°3 for approx 3-10 minutes Conventional Oven: 350°F for approx. 4-15 minutes</p> <p>NOTE: Cooking times will vary widely depending if broccoli has been pre-steamed. Take care to not overcook the broccoli.</p> <p>4. Serve immediately.</p> <p>CCP: Heat to 140° F or higher CCP: Hold at 140° F or higher for service.</p> <p>NOTE: Broccoli ingredient is 10 pounds of florets.</p>
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*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	50 kcal	Cholesterol	0.00 mg	Protein	2.56 g	Calcium	42.78 mg	44.94%	Calories from Total Fat
Total Fat	2.50 g	Sodium	65.35 mg	Vitamin A	139.71 RE	Iron	0.68 mg	6.01%	Calories from Sat Fat
Saturated Fat	0.33 g	Carbohydrate	6.04 g	Vitamin A	565.30 IU	Water ¹	81.01 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	2.36 g	Vitamin C	80.92 mg	Ash ¹	0.88 g	48.31%	Calories from Carbohydrates
								20.49%	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

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.