

John Stalker Institute

000033 - Roasted Tomatoes

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

901590 TOMATOES,PLUM+ITALIAN,RAW.... 20 LB	1. Wash tomatoes and slice into either halves or quarters, depending on their size.
004053 OIL,OLIVE,SALAD OR COOKING..... 1 CUP 002047 SALT, TABLE..... 3 TBSP 002030 PEPPER,BLACK..... 2 TSP, ground	2. Toss with olive oil, salt, and black pepper to evenly coat the tomatoes. 3. Arrange in a single layer, cut sides up, on a parchment-lined sheet tray. Cook at the following temperatures and times: Convection oven: 325°F for 25-35 minutes Conventional oven: 350°F for 35-45 minutes 4. Tomatoes should be sweet and slightly dry in appearance. Allow one to cool, then taste for doneness. Tomatoes will retain their heat for some time, so be careful when tasting. CCP: Heat to 140° F or higher for at least 15 Seconds CCP: Hold at 140° F or higher for service.
	NOTE: Can be cooled quickly and used in prepared salads. Can also be utilized in most recipes which ask for sun-dried tomatoes. VARIATION: *Cherry tomatoes can also be used, if so the cooking times will be decreased. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

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

Calories	71 kcal	Cholesterol	0.00 mg	Protein	1.61 g	Calcium	18.86 mg	59.33%	Calories from Total Fat
Total Fat	4.69 g	Sodium	433.58 mg	Vitamin A	112.51 RE	Iron	0.53 mg	8.26%	Calories from Sat Fat
Saturated Fat	0.65 g	Carbohydrate	7.17 g	Vitamin A	1511.87 IU	Water ¹	171.47 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	2.20 g	Vitamin C	23.04 mg	Ash ¹	2.00 g	40.36%	Calories from Carbohydrates
								9.04%	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.