



## Roasted Brussels Sprouts (Frozen)

Q-106-50

Vegetables

G4G Color Code

Green

Sodium Code

Moderate

Temperature

425°F (218°C)

Yield

100 Portions

Each Portion

$\frac{3}{4}$  cup (3- $\frac{1}{2}$  oz)

Pan Size and Number

18 x 26-Inch Sheet Pans (6)

Time

14 - 16 min.

### Nutrition Facts

Calories 110

Carbohydrates 12 g

Sugars\* 0 g

Protein 4 g

Fat 5 g

Saturated Fat 0.4 g

Cholesterol 0 mg

Sodium 259 mg

Calcium 29 mg

Fiber 4 g

### Ingredients

Item	Measure	Weight	Approx issue
BRUSSELS SPROUTS, FROZEN	6 gal	26 lb 7 oz	
OIL, CANOLA	2- $\frac{1}{4}$ cups	1 lb 1 oz	
SALT	3 tbsp + 1 tsp	2- $\frac{1}{8}$ oz	
PEPPER, BLACK, GROUND	1 tbsp	0.22 oz	
COOKING SPRAY, NONSTICK		2 oz	

### Directions

1. In a large mixing bowl, toss the frozen Brussels sprouts with oil, then sprinkle with salt and pepper. Toss well to coat sprouts evenly with seasoning.
2. Place 1 gal (4 lb 7 oz) Brussels sprouts on each lightly coated (18 x 26-inch) sheet pan.
3. Using a convection oven, roast Brussels sprouts at 425°F (218°C) for 14 to 16 minutes or until sprouts are tender and browned. Serve immediately or CP: hold hot at 135°F (57°C).

### Recipe Notes

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
3. Original recipe number: Q-106-01