



# Roasted Broccoli



LOUISIANA  
**FARM TO SCHOOL**  
PROGRAM  
*from the LSU AgCenter*

Vegetable					Vegetables
Ingredients	50 servings		100 servings		Directions
	Weight	Measure	Weight	Measure	
*Broccoli, untrimmed	11.5 lbs		23 lbs		1. Preheat oven to 450° F. 2. Prepare broccoli by cutting into florets if untrimmed, removing tough stems and slicing tender stems. CCP: Hold at 135° F or higher.
OR	OR		OR		
*Broccoli, trimmed florets	7 lbs	40 cups	14 lbs	80 cups	3. Mix the oil, garlic powder and pepper. Pour over broccoli in shallow steamtable pans. Toss the broccoli to distribute oil. CCP: Heat to 165° F or higher for at least 15 seconds.  4. Spread the broccoli on steamtable pans (12x20 in) and place in the oven to bake for 15-20 minutes or until the edges are crispy and the stems are crisp but still tender. Internal temperature should be 140° F. CCP: Hold for hot service at 135° F or higher.
Vegetable oil		1 ¼ cup		2 ½ cups	
Garlic powder		2 Tbsp		4 Tbsp	
Black pepper		1 tsp		2 tsp	

\*Broccoli yield can vary based on size and cut. Please ensure you have enough raw product to provide the required number of servings.

SERVING:	YIELD:	VOLUME:
1 serving provides ½ cup equivalent of dark green vegetables.	<b>50 Servings:</b> 25 cups (50 ½ cup servings. ½ cup serving is 4 oz spoodle) <b>100 servings:</b> 50 cups	<b>50 servings:</b> 2 steamtable pans (12x20 in) <b>100 servings:</b> 4 steamtable pans (12x20 in)

Nutrients Per Serving					
<b>Calories</b>	86 kcal	<b>Saturated Fat</b>	0.84 g	<b>Iron</b>	0.82 mg
<b>Protein</b>	3.07 g	<b>Cholesterol</b>	0 g	<b>Calcium</b>	51.7 mg
<b>Carbohydrates</b>	5.88 g	<b>Vitamin A</b>	678.51 IU	<b>Sodium</b>	59.4 mg
<b>Total Fat</b>	5.85 g	<b>Vitamin C</b>	97.0 mg	<b>Dietary Fiber</b>	2.88 g