Roasted Broccoli

Vegetable **Vegetables**

Ingredients	50 servings Weight	50 servings Measure	100 servings Weight	100 servings Measure	Directions
*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.
OR	OR		OR		
*Broccoli, trimmed florets	7 lbs	40 cups	14 lbs	80 cups	CCP: Hold at 135° F or higher.
Vegetable oil		1 ¼ cup		2 ½ 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.
Garlic powder		2 Tbsp		4 Tbsp	
Black pepper		1 tsp		2 tsp	
					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.

*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.	**50 Servings:**	25 cups (50 ½ cup servings. ½ cup serving is 4 oz spoodle)	**50 servings:**	2 steamtable pans (12x20 in)
	100 servings:	50 cups	**100 servings:**	4 steamtable pans (12x20 in)

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

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