

Orfalea Foundation- SFI

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Recipe Sizing Report

Aug 15, 2013

000106 - SchoolFood Roasted Cauliflower :

HACCP Process: #2 Same Day Service

Number of Portions: 32

Size of Portions: 1/2 cup

011135 CAULIFLOWER,RAW.....	6 head,lrg(6-7"dia)
050384 OIL, VEGETABLE.....	1/4 cup
014429 WATER, TAP, MUNICIPAL..	1/2 cup
002047 SALT.....	1 Tbsp
002030 PEPPER.....	2 tsp

Pre-heat convection oven to 350°F (400°F for conventional oven)

1 Cut cauliflower into 1-inch florets and rinse thoroughly under running water.

2. Toss cauliflower with oil, water, salt and pepper. Mix thoroughly and spread out on parchment paper lined sheet pans in a single layer. Do not overcrowd. Alternatively for smaller batches, the cauliflower can be tossed directly on the parchment paper lined sheet pans with the other ingredients.

3. Roast in the pre-heated oven. After 20 minutes, gently use a metal spatula to loosen florets from the sheet pans. Continue roasting until tender and lightly caramelized, about 15-20 minutes

4. Serve hot with a #8 spoodle for a 1/2 cup serving, or cool according to HACCP SOP to serve on the salad bar.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

EQUIPMENT

1-Chef's knife

1-Cutting board and non-slip mat

1-Liquid measuring cup

1-Measuring spoons

1-Mixing bowl or hotel pan

2-Sheet pans

2-Sheets parchment paper

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

Calories	55 kcal	Cholesterol	0 mg	Protein	3.04 g	Calcium	35.49 mg	35.31%	Calories from Total Fat
Total Fat	2.15 g	Sodium	268 mg	Vitamin A	3.2 RE	Iron	0.68 mg	5.96%	Calories from Sat Fat
Sat Fat	0.36 g	Carbs	7.91 g	Vitamin A	0.7 IU	Water ¹	*148.73* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	D. Fiber	3.18 g	Vitamin C	75.9 mg	Ash ¹	*1.78* g	57.80%	Calories from Carbs

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.

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	22.19% 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	

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