

Beacon City School District

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Recipe Sizing Report

Dec 3, 2019

000330 - Roasted Root Vegetables : beacon	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 12 Size of Portion: 1/2 cup Alternate Recipe Name: Roasted Root Vegetables				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011124 CARROTS,RAW.....	10 1/4 ozs	trim and peel carrots, turnips, squash - cut into 1/2 inch dice
011282 ONIONS,RAW.....	2 5/8 ozs	Trim and peel onions - cut into 1/4 inch dice
011485 SQUASH,WNTR,BUTTERNUT,RAW....	10 1/4 ozs	
011564 TURNIPS,RAW.....	10 1/4 ozs	Preheat convection oven to 425
902495 VEGETABLE OIL.....	2 Tbsp + 1 5/8 tsp	Mix spices together in small bowl
903109 PEPPER BLACK, GROUND.....	1/8 tsp	
903065 CUMIN, GROUND.....	2 1/2 tsp	
002012 CORIANDER LEAF,DRIED.....	2 1/2 tsp	
002026 ONION POWDER.....	1 1/8 tsp	
002028 PAPRIKA.....	1 1/8 tsp	
002020 GARLIC POWDER.....	1/2 tsp	
002047 SALT, TABLE.....	1/2 tsp	
		Add oil, diced vegetables and spices together - toss to coat evenly Divide between 2 full size sheet pand roast sturring once until vegetable are fork tender and beginning to brown and crisp. about 40-45 minuts
		NOTE DO NOT USE SHEET PAN LINERS - AS THE VEGGIES NEED TO TOUCH THE HOT PAN TO CRISP. STIR HALFWAY THROUGH COOKING AND ROTATE PANS TO PREVENT UNEVEN ROASTING.
		SERVICE FOR TASTING 1/4 CUP SERVICE FOR MEAL 1/2 CUP

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

Calories	60 kcal	Cholesterol	0 mg	Sugars	*2.9* g	Calcium	31.37 mg	47.10%	Calories from Total Fat
Total Fat	3.14 g	Sodium	165 mg	Protein	0.86 g	Iron	0.44 mg	8.36%	Calories from Saturated Fat
Saturated Fat	0.56 g	Carbohydrates	7.73 g	Vitamin A	6726.3 IU	Water ¹	*69.93* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.83 g	Vitamin C	12.8 mg	Ash ¹	*0.95* g	51.59%	Calories from Carbohydrates
								5.72%	Calories from Protein

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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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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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