

# Roasted Mushroom, Broccoli, Tomatoes (LR1374)

HACCP Process: Process 2: Same day service  
 Allergens: Contains Soy;  
 Number of Servings: 25.00 Serving Size: 1/2 cup  
 Moisture gain/loss%: 0.0000 Yield: 9 pound, 1 1/2 ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$17.3438 Cost Per Serving: \$0.6938

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	6731	Broccoli Florets, FRZ 12/2# , Cooked	2 pound	3.3883	Broccoli Florets, frz. 12/2# LI100158	2 pound
2	6895	Tomato, Grape Cherry, 12/1 pt (1/2 cup serving =approximately 6-8 tomatoes depending on size) approx 40-50 1/2 cup serving per case , As Purchased	1 quart, 1 pint	3.8125	Tomato, Grape Cherry, 12/1 pt LI100191	1 quart, 1 pint
3	6870	Mushrooms sliced,2/5# , As Purchased	5 pound	9.7500	Mushrooms sliced,2/5# LI100185	5 pound
4	8102	Other Vegetable Oil USDA 6/1 gal , As Purchased	1/4 cup	0.0734	Other Vegetable Oil 6/1 gal LI100252	1/4 cup
5	8200	Sea Salt , As Is	1 tablespoon	0.1388	Salt, table LI100323	1 tablespoon
6	8295	Dry Pepper Black Ground 6/1# , As Purchased	1 tablespoon	0.1807	Dry Pepper Black Ground 6/1# LI100269	1 tablespoon

**Preparation Instructions**

- Place broccoli, grape tomatoes, and mushrooms in a large bowl. Pour 1/4 cup of oil over vegetables and add 1 tablespoon salt and 1 tablespoon of pepper. Spread on lined baking sheet in single layer and bake at 400 degrees 12 - 15 minutes until tomatoes are blistered and split and vegetables are tender.

Serve 1/2 cup per serving.

**Nutritional Information**

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
<b>% of Calories</b>	24.76	3.12	51.25	29.01	7.832

**Nutrients per 100 g**

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
29.732 (M)	0.818(M)	0.103(M)	0(M)	0(M)	9.513(M)	3.809(M)	0.855(M)	0.582(M)	(M)	2.156(M)	3.266(M)	8.553(M)	181.913 (M)	18.139 (M)	(M)	(M)	(M)	(M)

**Nutrients per serving (164.914 g)**

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
49.032 (M)	1.349(M)	0.17(M)	0(M)	0(M)	15.689 (M)	6.282(M)	1.41(M)	0.96(M)	(M)	3.556(M)	5.386(M)	14.105 (M)	300(M)	29.914 (M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.