

# Colfax Fun Guy Veggies (LR101818)

Allergens: Contains Gluten Free, Nut-Free, Vegan, Vegetarian;  
 Meal Contribution: 1/8 Veg-DG, 1/4 Veg-RO, 1/8 Veg-O  
 Number of Servings: 45.00 Serving Size: 1/2 Cup  
 Moisture gain/loss%: 0.0000 Yield: 13 Pound, 10 3/8 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$31.4120 Cost Per Serving: \$0.6980

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	210020	Paragon, Vegetable, Broccoli Florets 6/3lb bags, 96/0.5 cup srvgs, #91800 , As Purchased	2 Quart, 1 Pint	7.9064	Vegetable, Fresh Broccoli Florets LI100545	2 Quart, 1 Pint
2	200052	Paragon, Vegetable, Cauliflower Florets 4/3lb bags, Approx 64/0.5 cup srvgs, #81050 , As Purchased	2 Quart, 1 Pint	8.2956	Vegetable, Fresh Cauliflower LI100573	2 Quart, 1 Pint
3	210703	Vegetable, Mushroom Sliced, 5 lb, Local , As Purchased	2 Pound, 8 Ounce	2.2350	White Mushrooms, Sliced LI101305	2 Pound, 8 Ounce
4	210063	Paragon, Vegetable, Tomatoes Grape 10 lb, Approx 54/3oz srvgs, #72468 , As Purchased	1/2 Case	12.9750	Vegetable, Tomatoes, Grape LI100513	1/2 Case
5					Salt, table LI101217	3 teaspoon



**Preparation Instructions**

- Pour 10 cups of fresh broccoli florets into hotel pan. (Two full paragon bags).
- Add 10 cups of fresh cauliflower florets into the hotel pan. (Two full paragon bags).
- Add half of a 5lb bag of pre-washed, sliced mushrooms.
- Add a half a case of grape tomatoes or cherry tomatoes.  
1/2 case of grape tomatoes = approximately 13.5 cups.

**Preparation Instructions**

- Combine the following seasonings in a bowl to mix:  
 Garden seasoning: 1 tbsp  
 Garlic powder: 1 tbsp  
 onion powder: 1 tbsp  
 Black pepper: 1 tbsp  
 salt: 1/2 tbsp

After combining, pour over veggies in pan and mix gently so as not to break the mushrooms.

Add 1.5 cups of water to the pan, cover with foil, and bake at 350F for 25 minutes with high fan.

**Nutritional Information**

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
<b>% of Calories</b>	8.57	0.00	78.92	30.56	30.345

**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)
20.446	0.195	0	0	0	126.121	4.034	1.329	1.551	0(M)	1.562	0.257	13.961	139.985 (M)	23.444	0(M)	150.38 (M)	0.001(M)	0.292(M)

**Nutrients per serving (137.579 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)
28.13	0.268	0	0	0	173.516	5.55	1.829	2.134	0(M)	2.149	0.353	19.208	192.59 (M)	32.254	0(M)	206.891 (M)	0.001(M)	0.402(M)

(M) Indicates missing nutrient values.