

GR-260633 · Colfax Fun Guy Veggies · 0.5 c · 45 servings

 Dark Green: 1/8

 Red/Orange: 1/4

 Other Veg: 1/8

Section 1

Broccoli, raw
10 cup, chopped or diced

Cauliflower, raw
10 cup chopped (1/2" pieces)

Mushrooms, white
2 1/2 lb

Tomatoes, fresh Grape, Whole without
stem
3 3/8 qt

Spices, Garden Vegetable Seasoning
1 tbsp

Spices, garlic powder
1 tbsp

Spices, onion powder
1 tbsp

Spices, pepper, black
1 tbsp

Salt, table
1/2 tbsp

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

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.

Colfax Fun Guy Veggies

Nutrition Facts

Servings Per Container 1

Serving Size 0.5 c

Amount Per Serving

Calories **35**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 128mg **6%**

Total Carbohydrate 7g **2%**

Dietary Fiber 3g **9%**

Sugars 1g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D: 0% DV • Potassium: 5% DV

Calcium: 1% DV • Vitamin A: 1% DV

Iron: 4% DV • Vitamin C: 33% DV

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.