

Parmesan Roasted Cauliflower

Component: Vegetable

Recipe Category

Recipe # KSU Developed

Notes:

Nutrient information calculated using Food Processor

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: ½ cup

1-2 years: varies see menu
 3-5 years: varies see menu
 6-18 years: varies see menu

Yield:

50 Servings:

 100 Servings:

Volume:

50 Servings:

 100 Servings:

Nutrients Per Serving

Calories	81 kcal	Saturated Fat	0.79 g	Iron	0.67 mg
Protein	2.81 g	Cholesterol	1.72 mg	Calcium	44.70 mg
Carbohydrate	9.47 g	Vitamin A	5.28 RAE mcg	Sodium	176.53 mg
Total Fat	3.75 g	Vitamin C	21.00 mg	Dietary Fiber 2016	1.44 g