



000653 - OKRA, ROASTED

Source: LOCAL

Number of Portions: 8

Size of Portion: 1/2 Cup

Alternate Recipe Name: ROASTED OKRA

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
902999 OKRA,FROZEN,UNPREPARED..... 900059 OIL, SALAD, CANOLA & OLIVE 75/25 BLEND..... 902906 SALT, TABLE..... 902893 SPICE, PEPPER, BLACK, MONARCH, 18 OZ, PL...	1 lb + 12 1/4 ozs 1 Tbsp + 2 3/4 tsp 1/2 tsp 1/2 TSP (ground)	CCP: HEAT TO 135°F OR HIGHER. CCP: FOLLOW TPHC PROCEDURES. TOSS OKRA WITH OIL AND MIX IN SALT AND PEPPER. EACH SHEET PAN WILL HOLD 6# OF OKRA. SPRAY SHEET PANS WITH PAN RELEASE. BAKE AT 350° F IN A CONVECTION OVEN FOR 20 MINUTES TO 30 MINUTES DEPENDING ON OVEN AND OVEN LOAD. CHECK AND TOSS OKRA AFTER 15 MINUTES TO PREVENT BROWNING ON EDGES. CHECK TEMP AND CONTINUE TO COOK UNTIL OKRA ARE SOFT AND INTERNAL TEMP IS AT LEAST 135° F. TRANSFER INTO A 4" STEAMTABLE PAN AND PLACE IN WARMER OR IN SERVING LINE. HOLD AT 135°. PORTION WITH 4 OZ SPOODLE OR #8 DISHER. ONE - 1/2 CUP SERVING PROVIDES 1/2 CUP OTHER VEGETABLE SERVING.
		DISCARD ALL LEFTOVERS.

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

Calories	60 kcal	Cholesterol	0 mg	Sugars	1.2 g	Calcium	71.37 mg	50.45%	Calories from Total Fat
Total Fat	3.36 g	Sodium	183 mg	Protein	1.19 g	Iron	0.00 mg	3.60%	Calories from Saturated Fat
Saturated Fat	0.24 g	Carbohydrates	5.94 g	Vitamin A	118.8 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.56 g	Vitamin C	2.9 mg	Ash ¹	*0.36* g	39.64%	Calories from Carbohydrates
								7.92%	Calories from Protein

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.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO
YES = Present NO = Absent ? = Undefined							