

Roasted Broccoli

Recipe Type: Side Dish

Serves: 4

Prep Time: 10 minutes

Cooking Time: 15 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

1½ pound (lb.) broccoli florets, chopped

3 T olive oil

¼ t salt

½ t ground black pepper

1½ T lemon juice



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat the oven to 425°F.
3. Place the broccoli into a large bowl.
4. Add the olive oil, salt, black pepper and lemon juice.
Mix well.
5. Put the broccoli on a 9x13 inch pan.
6. Roast for 15 minutes or until the broccoli can be easily pierced by a fork.
7. Enjoy!

Nutrition Facts

4 servings per container

Serving size 1 Cup (185g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 9g 3%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 83mg 6%

Iron 2mg 10%

Potassium 561mg 10%

*The % Daily Value 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.

FK= 4.8