

Food Based Standardized Recipe Form

Ingredients	100 Servings		Directions
	Weight	Measure	
Squash, butternut, fresh, cut into cubes	22 lb, 8 oz		<ol style="list-style-type: none"> 1. Toss cubed squash with vegetable oil until well coated. 2. In small bowl, combine cinnamon and salt. Add to squash mixture and stir gently until well coated. 3. Turn out on full-sized sheet pan. Be sure not to crowd vegetables on pan, giving them room to roast. 4. Bake at 350°F for 25-35 minutes in conventional oven until fork-tender and outer skin begins to brown and caramelize. Do not use steam. CCP: Heat to 140°F or higher. CCP: Hold for hot service at 135°F or higher. 5. Sprinkle with brown sugar immediately after removing from oven which should be just before serving. <p style="margin-left: 20px;">Portion size: ½ cup (solid 4 oz spoodle)</p>
Oil, canola/olive blend		½ cup	
Cinnamon, ground		4 tsp	
Salt, table, iodized		2 Tbsp	
Sugar, brown, light		2 cups	

Provides: 0.5 cup VEG (0.5 cup RO)

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

Calories ¹	72.366 kcal	Total Fat	1.236 g	Total Dietary Fiber	2.041 g	Vitamin C	21.432 mg	15.372% Calories from Total Fat
Saturated Fat ¹	0.102 g	Trans Fat ²	0.000 g	Protein	1.026 g	Iron	0.747 mg	1.274% Calories from Sat Fat
Sodium ¹	144.843 mg	Cholesterol	0.000 mg	Vitamin A	10870.127 IU	Water	88.248 g	0.000% Calories from Trans Fat
Sugars	6.513 g	Carbohydrate	16.247 g	Calcium	52.726 mg	Ash	1.196 g	89.802% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.016			5.671% Calories from Protein
Type of Fat	-							