

Roasted Parmesan Broccoli

Publix Aprons

Servings: 4

aluminum foil

1 bunch (3-4 stalks) fresh broccoli, halved

2 tablespoons olive oil

2 tablespoons Asiago peppercorn dressing

1/2 cup Italian style bread crumbs

1/4 cup Parmesan cheese, grated

Preheat the oven to 425 degrees.

Line a baking sheet with foil.

Cut two inches from the bottom of each stalk, then cut each stalk in half lengthwise.

Place the broccoli, cut side down, on the baking sheet. Drizzle with oil. Bake for 10 minutes.

Turn the broccoli. Bake 13 to 15 more minutes or until tender when pierced with a fork.

Spread the dressing over the broccoli. Combine the bread crumbs and cheese. Sprinkle over the broccoli. Bake for 1 to 2 minutes or until lightly browned.

Serve.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 89 Calories; 8g Fat (82.2% calories from fat); 3g Protein; 1g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 99mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	89	Vitamin B6 (mg):	trace
% Calories from Fat:	82.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	5.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	8g	Folacin (mcg):	16mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 4mg
Carbohydrate (g): 1g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 99mg
Potassium (mg): 77mg
Calcium (mg): 79mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 21mg
Vitamin A (i.u.): 374IU
Vitamin A (r.e.): 44 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 89 Calories from Fat: 73

% Daily Values*

Total Fat	8g	13%
	Saturated Fat 2g	9%
Cholesterol	4mg	1%
Sodium	99mg	4%
Total Carbohydrates	1g	0%
	Dietary Fiber 1g	3%
Protein	3g	
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Vitamin A		7%
Vitamin C		34%
Calcium		8%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.