



Roasted Broccoli Kyoto

Servings

4

Calories

120

Prep Time

5 minutes

Total Time

35 minutes

Skill Level

Easy

Ingredients

4 cups Mann's Broccoli Wokly®

3 tablespoons bottled teriyaki glaze

4 teaspoons vegetable oil

1 teaspoon ginger, fresh, grated (can substitute
¼ tsp ground ginger)

salt and pepper to taste



The Method

Preheat oven to 375° F. In a 9 x 13" baking dish combine teriyaki glaze, oil and ginger, mix to blend well. Stir in Mann's Broccoli Wokly®, tossing with teriyaki mixture.

Bake uncovered, stirring once, until vegetables are crisp-tender, 20-30 minutes.

Nutrition Facts

Serving Size: 120g | Servings: 4

Amount Per Serving

Calories 120 | Calories from Fat 40 | Total Fat 4.5g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 340mg | Total Carbohydrate 14g | Dietary Fiber 5g | Sugars 8g | Protein 8g | Vitamin A 130% | Vitamin C 350% | Calcium 10% | Iron 10%