



825046 - Cajun Spinach

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011464 SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W.... 826493 Sauce, Alfredo, Angela Mia 8781511122.....	9 LBS (chopped, frozen) 3 cups	Thaw spinach and Alfredo sauce about 48 hours prior to use. CCP: Hold at 41 degrees F. or lower.
014429 WATER,MUNICIPAL..... 825016R Seasoning Blend, Creole.....	1 cup 8 fl oz 1 Tbsp + 1 tsp	Remove excess moisture from spinach by pressing excess liquid through a perforated pan using a half size 2 inch pan as a press. Combine Alfredo sauce, water and Creole seasoning; whisk to combine. In a large mixing bowl, combine 9 lbs. of pressed spinach and seasoned Alfredo sauce. Mix well using clean gloved hands. Spray 2 inch deep full size steamtable pan with pan release. Transfer spinach mixture to prepared pan. Bake at 350 degrees F for about 30 minutes. CCP: Heat to 135° F or higher.
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD.....	2 CUPS (shredded)	Remove from oven and top with 2 cups of mozzarella cheese. Return to oven for 3 to 5 minutes or until cheese is melted. Do not allow cheese to brown. Cover and hold until service. Serve with #8 scoop or disher. This product is best prepared for just in time service as leftovers are not recommended because of decreased quality. CCP: Hold for hot service at 135° F or higher

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

Calories	99 kcal	Cholesterol	11 mg	Sugars	*1.0* g	Calcium	236.61 mg	53.36%	Calories from Total Fat
Total Fat	5.84 g	Sodium	239 mg	Protein	7.43 g	Iron	1.99 mg	25.64%	Calories from Saturated Fat
Saturated Fat	2.81 g	Carbohydrates	5.89 g	Vitamin A	11817.8 IU	Water ¹	*94.67* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.88 g	Vitamin C	2.1 mg	Ash ¹	*1.36* g	23.93%	Calories from Carbohydrates
								30.15%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									