



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:

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° F or lower.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 825016R Seasoning Blend, Creole.....	1 cup 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 lb of pressed spinach and seasoned Alfredo sauce. Mix well using clean gloved hands.
		Spray 2 inch deep full size pan with food release. Transfer spinach mixture to prepared pan. Bake at 350° F for about 30 minutes. CCP: Heat to 135° F or higher.
051558 Cheese, Mozzarella, Lite, Shredded.....	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 no. 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	94 kcal	Cholesterol	9 mg	Sugars	*1.0* g	Calcium	*172.03* mg	52.22%	Calories from Total Fat
Total Fat	5.45 g	Sodium	278 mg	Protein	7.60 g	Iron	*1.94* mg	23.82%	Calories from Saturated Fat
Saturated Fat	2.48 g	Carbohydrates	6.08 g	Vitamin A	*11754.6* IU	Water ¹	*94.67* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.89 g	Vitamin C	*2.1* mg	Ash ¹	*1.36* g	25.92%	Calories from Carbohydrates
								32.38%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									