



825008 - Cheesy Italian 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....	9 LBS (chopped, frozen)	Place spinach in a full size perforated pan and thaw 48 hours prior to use. Remove moisture from spinach by pressing excess liquid through perforated pan by using a 2 inch deep half size pan as a press.
826529 MARGARINE..... 001016 CHEESE,COTTAGE,LOWFAT,1% MILKFAT..... 051558 Cheese, Mozzarella, Lite, Shredded..... 825023R Seasoning Blend, Italian..... 002030 PEPPER,BLACK.....	2 ozs 1 QT ((not packed)) 1 CUP (shredded) 2 Tbsp 1 tsp	Weigh, then melt margarine (may use microwave if available). In a large mixing bowl, combine pressed spinach, melted margarine, 1 cup mozzarella cheese, cottage cheese, school made Italian Seasoning Blend (recipe #825023), and 1 tsp black pepper. Mix well using clean gloved hands.
051558 Cheese, Mozzarella, Lite, Shredded.....	2 CUPS (shredded)	Spray 2 inch full size pan with food release. Transfer spinach mixture to prepared pan. Bake at 350° F for 30 minutes. Remove from oven and top with 2 cups shredded mozzarella cheese. Return to oven for 3 to 5 minutes or until cheese is melted. Do not allow cheese to brown. CCP: Heat to 135° F or higher.
		Cover and hold until service. Serve 1/2 cup using no. 8 disher. It is recommended to prepare this product for just in time service to avoid excessive leftovers as reheated product is not attractive and high quality. CCP: Hold for hot service at 135° F or higher.

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

Calories	105 kcal	Cholesterol	6 mg	Sugars	*1.5* g	Calcium	*171.51* mg	38.12%	Calories from Total Fat
Total Fat	4.45 g	Sodium	341 mg	Protein	11.78 g	Iron	*2.01* mg	14.41%	Calories from Saturated Fat
Saturated Fat	1.68 g	Carbohydrates	6.34 g	Vitamin A	*11649.3* IU	Water ¹	*115.44* g	*0.00%*	Calories from Trans Fat

Trans Fat ²	*0.00* g	Dietary Fiber	3.64 g	Vitamin C	*2.2* mg	Ash ¹	*1.91* g	24.11%	Calories from Carbohydrates
								44.82%	Calories from Protein
<p>*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.</p>									