



## 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:

Vegetables

Milk

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 thru perforated pan by using a 2 inch deep half size pan as a press.
826529 MARGARINE..... 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD..... 001032 CHEESE,PARMESAN,GRATED..... 825023R Seasoning Blend, Italian..... 002030 PEPPER,BLACK.....	2 ozs 1 CUP (shredded) 1/2 cup 1 Tbsp + 1 tsp 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, parmesan cheese, School-made. Italian Seasoning blend, and 1 tsp black pepper. Mix well using clean gloved hands.
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD.....	2 CUPS (shredded)	Spray 2 inch deep full size steamtable pan with pan release. Transfer spinach mixture to prepared pan. Bake at 350 degrees 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.  <b>CCP:</b> 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. <b>CCP:</b> Hold for hot service at 135° F or higher

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

Calories	86 kcal	Cholesterol	7 mg	Sugars	*0.5* g	Calcium	244.38 mg	49.22%	Calories from Total Fat
Total Fat	4.68 g	Sodium	135 mg	Protein	7.02 g	Iron	1.98 mg	20.31%	Calories from Saturated Fat
Saturated Fat	1.93 g	Carbohydrates	4.94 g	Vitamin A	11728.9 IU	Water <sup>1</sup>	*85.58* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.57 g	Vitamin C	2.2 mg	Ash <sup>1</sup>	*1.39* g	23.05%	Calories from Carbohydrates
								32.78%	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><sup>1</sup> - denotes optional nutrient values</p> <p><sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									