

The Culinary Institute of America

Recipe: 000112 HFHK Spinach Maria

Recipe Source: Jon Dickl
 Recipe Group: VEGETABLES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 24
 Size of Portion: 1/2 cup

R000113 HFHK Bechamel Sauce..... 006169 SAUCE,RTS,PEPPER,TABASCO..... 900771 GARLIC,GRANULATED..... 002026 ONION POWDER..... 002030 PEPPER,BLACK..... 002031 PEPPER,RED OR CAYENNE..... 001032 CHEESE,PARMESAN,GRATED.....	1 (6 cup) 1/4 CUP + 1 TBSP 1 TBSP 1 TBSP 1 TBSP, ground 1 TBSP 1/4 LB	1. Heat bechamel, then add hot sauce, granulated garlic, onion powder, black pepper, red pepper, and Parmesan cheese (omit hot sauce for elementary). 2. Simmer until thickened.
011463 SPINACH,FRZ,CHOPD OR LEAF,UNPREP...	6 LB	3. Mix in thawed, drained spinach (thaw and thoroughly drain by pressing spinach in a colander to remove excess moisture).
001028 CHEESE,MOZZARELLA,PART SKIM MILK....	8 OZ	6. Fill full-size steamtable pan with Spinach Maria mixture (24 servings per pan) and add 8 oz of mozzarella cheese. Bake in oven until mozzarella has melted. 7. Heat until 165°F. 8. For CCP: Hold at 140°F or higher.

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

Calories	151 kcal	Cholesterol	23.93 mg	Protein	10.56 g	Calcium	346.02 mg	50.41%	Calories from Total Fat
Total Fat	8.46 g	Sodium	260.36 mg	Vitamin A	964.58 RE	Iron	2.42 mg	28.60%	Calories from Saturated Fat
Saturated Fat	4.80 g	Carbohydrates	10.47 g	Vitamin A	*13712.53* IU	Water ¹	*165.60* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.57 g	Vitamin C	6.67 mg	Ash ¹	*2.83* g	27.75%	Calories from Carbohydrates
								27.99%	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 0.500 oz			Y - Milk	N - Egg	
Grain..... oz				N - Peanut	
Fruit..... cup				N - Tree Nut	
Vegetable..... 0.250 cup				N - Fish	
Milk..... cup				N - Shellfish	
Moisture & Fat Change				N - Soy	
Moisture Change. 0%				N - Wheat	
Fat Change..... 0%					
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
R	000113	HFHK Bechamel Sauce			
I	006169	SAUCE,RTS,PEPPER,TABASCO			
I	900771	GARLIC,GRANULATED			
I	002026	ONION POWDER			
I	002030	PEPPER,BLACK			
I	002031	PEPPER,RED OR CAYENNE			
I	011463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP			
I	001032	CHEESE,PARMESAN,GRATED			
I	001028	CHEESE,MOZZARELLA,PART SKIM MILK			

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