



Recipe Production

Recipe Number: FS033

Recipe Name: LEMON GARLIC SPINACH

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Same Day

Serving Description: 1/2 CUP = 2.5 OUNCE WEIGHT

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2544	SPINACH BABY 4 LB	20	Pound			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	2	Cup			(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	8	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	4	Tbsp			(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	6	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	6	TBSP			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services

Preparation Instructions

Wash spinach and let drain in perforated pan.
 Heat olive oil in tilt skillet, add garlic, cook a few seconds. Add spinach, lemon juice, and seasoning. Turn off heat, mix. Portion into hotel pans.
 5 lbs per pan. 1 pan = 32 servings

Serving Instructions

Reheat at 325 degrees for 20 minutes



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	6,054.0170	61.9603	60.5402		
Saturated Fat	g	65.7770	0.6732	0.6578	9.78	
Sodium	mg	35,103.9538	359.2741	351.0395		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	468.8030	4.7980	4.6880	69.69	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	365.4377	3.7401	3.6544	24.15	
Total Dietary Fiber	g	210.4728	2.1541	2.1047		
Protein	g	265.8244	2.7206	2.6582	17.56	
Vitamin A (RE)	RE	60,971.1501	624.0139	609.7115		
Vitamin A (IU)	IU	850,799.3766	8,707.5713	8,507.9938		
Vitamin C	mg	2,570.1112	26.3040	25.7011		
Calcium	mg	9,233.0933	94.4968	92.3309		
Iron	mg	260.1671	2.6627	2.6017		
Moisture	g	8,315.9083	85.1098	83.1591		*
Ash	g	230.0633	2.3546	2.3006		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	20	0.00	LB	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.05	CONTAINER (/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.12	CONT (32 FL (/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.07	LB	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	1	0.35	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.05	BOX (3 LB)	/

REPORT CRITERIA:

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