

# Sautéed Spinach

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Canola oil		¼ cup			<p>1. Heat oil on medium heat.</p> <p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting. Cover and stir frequently.</i></p> <p>2. Add spinach.</p> <p>3. Remove from heat when spinach is tender. Additional cooking time may be needed for children under 3 years of age.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p>4. For CDCs, chop into age-appropriate size pieces.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
*Spinach, fresh, partly trimmed OR Spinach, frozen, chopped	13 lb 4 oz OR 17 lb 15 oz				

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## Notes:

Nutrient from Food Processor.

**Serving:** ½ cup, cooked, drained vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: ½ cup

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Spinach, fresh	15 oz	30 oz

## Nutrients Per Serving

<b>Calories</b>	31 kcal	<b>Saturated Fat</b>	0.12 g	<b>Iron</b>	3.21 mg
<b>Protein</b>	2.67 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	122.40 mg
<b>Carbohydrate</b>	3.38 g	<b>Vitamin A</b>	471.64 RAE mcg	<b>Sodium</b>	63.00 mg
<b>Total Fat</b>	1.35 g	<b>Vitamin C</b>	8.82 mg	<b>Dietary Fiber</b>	2.16 g