

Sautéed Spinach

Component: Vegetable

Side Dish

Recipe #KSU Developed

| | 50 Servings | | _____ Servings | | |
|--------------------------------|-------------------|---------|----------------|---------|--|
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Canola oil | | ¼ cup | | | <ol style="list-style-type: none"> 1. Heat oil on medium heat. 2. Add spinach. 3. Cover and stir frequently. 4. Remove from heat when spinach is tender. Additional cooking time may be needed for children under 3 years of age. 5. For CDCs, chop into age-appropriate size pieces. 6. CCP: Cook to a temperature of 135° F or above. 7. CCP: Hold at 135° F or above. 8. Drain and serve. |
| Spinach, fresh, partly trimmed | 13 lb 4 oz | | | | |
| OR Spinach, frozen, chopped | 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

Nutrients Per Serving

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