



Creamed Spinach

USDA Recipe for CACFP

Creamed Spinach is a delicious and nutritious blend of frozen spinach with milk, cheese, onions, and spices.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen chopped spinach	10 lb	1 gal 1 qt	20 lb	2 gal 2 qt	1 Thaw and squeeze spinach to eliminate excess water. Yields: For 25 servings, thaw 10 lb to obtain about 4 lb 12 oz (3 qt). For 50 servings, thaw 20 lb to obtain about 9 lb 8 oz (1 gal 2 qt). 2 Place spinach in a large bowl. 3 Add salt and black pepper. 4 Sauce: Heat oil in stock pot over medium heat.
Kosher salt		¾ tsp		1½ tsp	
Ground black pepper		1½ tsp		1 Tbsp	
Canola oil		¼ cup		½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	8 oz	1½ cups	1 lb	3 cups	5 Add onions and saute for 5–6 minutes or until soft.
Enriched all-purpose flour	2½ oz	½ cup	5 oz	1 cup	6 Add flour and cook for 5 minutes. Stir constantly.
Non-fat milk		1 qt		2 qt	7 Add milk and stir until sauce comes to a boil. Reduce heat to low.
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	12½ oz	1½ cups	1 lb 9 oz	3 cups	8 Add half of the cheese. Stir until melted. Reserve remaining cheese for step 10.
					9 Fold in sauce with spinach.
					10 Lightly coat a steam table pan (12" x 20" x 2½") with pan-release spray and place 3 qt 3 cups (about 7½ lb) spinach mixture in each pan. Sprinkle remaining cheese on top. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					11 Bake until cheese melts: Conventional: 350 °F for 12 minutes. Convection: 350 °F for 10 minutes.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					12 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					13 Critical Control Point: Hold for hot service at 140 °F or higher.
					14 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

NUTRIENTS	AMOUNT
Calories	168
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	8 mg
Sodium	521 mg
Total Carbohydrate	13 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	16 IU
Calcium	361 mg
Iron	0 mg
Potassium	89 mg

N/A=data not available

SOURCE

USDA Standardized Recipes Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Onions	11 oz	1 lb 6 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

NOTE: The size of the serving volume is less than the size of the combined crediting volume due to shrinkage that occurs during the cooking process.

YIELD/VOLUME

25 Servings	50 Servings
About 7½ lb	About 15 lb
About 3 qt 3 cups/1 steam table pan (12" x 20" x 2½")	About 1 gal 3 qt 2 cups/2 steam table pans (12" x 20" x 2 ½")