

SALADS, SALAD DRESSINGS, AND RELISHES No.M 002 02
SPINACH AND MUSHROOM SALAD

Yield 100

Portion 1-3/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
18 cal	3 g	2 g	0 g	0 mg	30 mg	39 mg

Ingredient

SPINACH,FRESH,BUNCH
 ONIONS,FRESH,SLICED
 MUSHROOMS,FRESH,WHOLE,SLICED

Weight

8 lbs
 2-3/4 lbs
 4-1/2 lbs

Measure

7 gal 2-1/4 qts
 2 qts 3 cup
 1 gal 3-1/4 qts

Issue

8-2/3 lbs
 3-1/8 lbs
 4-7/8 lbs

Method

- 1 Combine onions, mushrooms, and spinach. Toss lightly to mix ingredients.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.