John Stalker Institute

000208 - Sauteed Mushroom and Onions   **Recipe HACCP Process: #2 Same Day Service**

Source:

Number of Portions: 50

Size of Portion: 1/4 cup

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0.25 Cup
Milk: 0 Cup

Ingredients	Amount	Instructions
011215 GARLIC,RAW..................................	6 cloves	1. Peel and mince garlic cloves and set aside.
		2. Remove stems from mushroomns either by hand or using a sharp knife against a cutting board. Wash thoroughly in cold water to remove all grit. Slice thinly. Wash and slice onions as well.
004053 OIL,OLIVE,SALAD OR COOKING...	1/2 CUP	3. Heat olive oil in a tilt skillet or saute pan. Add minced garlic and cook, stirring, until garlic begins to brown and becomes fragrant. NOTE: Be careful not to overly brown or burn the garlic at this stage or the bitterness will invade the entire dish.
002047 SALT,TABLE.................................. 011260 MUSHROOMS,RAW........................ 011282 ONIONS,RAW................................	2 TSP 7 LB 5 LB	4. Add the mushrooms and onions and cook until tender. Add salt and serve as side to burgers. CCP: Heat to 140° F or higher CCP: Hold at 140° F or higher for service.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	52 kcal	Cholesterol	0.00 mg	Protein	2.48 g	Calcium	13.07 mg	42.14% Calories from Total Fat
Total Fat	2.42 g	Sodium	99.41 mg	Vitamin A	0.00 RE	Iron	0.43 mg	6.08% Calories from Sat Fat
Saturated Fat	0.35 g	Carbohydrate	6.43 g	Vitamin A	0.94 IU	Water[1]	99.34 g	*N/A*% Calories from Trans Fat
Trans Fat[1]	*N/A* g	Dietary Fiber	1.41 g	Vitamin C	4.80 mg	Ash[1]	0.95 g	49.67% Calories from Carbohydrates
								19.20% Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

[1] - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.