



Recipe Production

Recipe Number: PF003

Recipe Name: SPANAKOPITA GRILLED CHEESE

Hot: Yes

Recipe Source: Plant Forward

HACCP Process Category:

Same Day

Serving Description: 1 SANDWICH

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
96	1 SANDWICH				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3507	BREAD WW WFM 15 SLICE	16	Pound			(Unassigned)
2544	SPINACH BABY 4 LB	20	Pound			(Unassigned)
1505	CHEESE FETA 2/8 LB	10	Pound			(Unassigned)
1503	CHEESE CREAM LGT 100 CT	10	Pound			(Unassigned)
1501	BUTTER SOLID UNSLTD	2	Pound			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	4	Ounce			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times: Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe source: Chef Ann Foundation Plant Forward

Preparation Instructions

1. Melt butter on medium heat. Reserve most for brushing on your bread and use the rest for step 2.
2. Saute garlic in butter for 1 minute until fragrant then add spinach and cook until spinach releases it's liquid.
3. Drain spinach/garlic mixture by pressing lightly to release more liquid.
4. Mix spinach/garlic mixture, drained feta, cream cheese and garlic together.
5. Butter the bottom of the bread.
6. Scoop 6 oz by weight of the mix onto bread and spread.
7. Place top slice of bread on spinach/cheese mixture and butter the top slice.
8. Place sandwiches in oven and bake in a 350 degree oven for 10 - 15 minutes until cheese is slightly melted and bread is brown.

Serving Instructions

1 serving is 1 sandwich



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	46,147.6670	174.6549	480.7049		
Saturated Fat	g	1,576.4806	5.9665	16.4217	30.75	
Sodium	mg	103,493.9607	391.6932	1,078.0621		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	2,545.8847	9.6354	26.5196	49.65	
Cholesterol	mg	8,121.1010	30.7359	84.5948		
Carbohydrate	g	4,017.6540	15.2056	41.8506	34.82	
Total Dietary Fiber	g	708.2999	2.6807	7.3781		
Protein	g	2,020.7963	7.6481	21.0500	17.52	
Vitamin A (RE)	RE	86,411.7177	327.0421	900.1221		
Vitamin A (IU)	IU	956,512.0174	3,620.1074	9,963.6668		
Vitamin C	mg	2,584.6196	9.7820	26.9231		
Calcium	mg	31,766.7505	120.2275	330.9037		
Iron	mg	459.7199	1.7399	4.7887		
Moisture	g	11,025.7727	41.7292	114.8518		
Ash	g	393.9814	1.4911	4.1040		

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3507	BREAD WW WFM 15 SLICE	1.00	(Unassigned)	256	0.00	SLICE (1 OZ)	/
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	20	0.00	LB	/
1505	CHEESE FETA 2/8 LB	1.00	(Unassigned)	10	0.00	LB	/
1503	CHEESE CREAM LGT 100 CT	1.00	(Unassigned)	213	0.34	SS CUP (1OZ)	/
1501	BUTTER SOLID UNSLTD	1.00	(Unassigned)	2	0.00	LB	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.25	LB	/

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