

# Marinated Mushrooms - CACFP



## General Information

|          |  |        |
|----------|--|--------|
| Recipe # | Category   | Source |
| 1691309  | Vegetables  | Local  |

## Ingredients

| Name                                       | Quantity          | + | Quantity<br>2 |
|--|-------------------|---|---------------|
| Mushrooms, brown, Italian, or Crimini, raw | 1 lbs., 11 oz.    |   |               |
| Garlic, raw                                | 1 tbsp., 2 ⅔ tsp. |   |               |
| Ginger root, raw                           | 1 tbsp.           |   |               |
| Vegetable oil, palm kernel                 | 1 ½ tsp.          |   |               |
| Sambal Oelek                               | 1 ½ tsp.          |   |               |
| Sauce, teriyaki, ready-to-serve            | 2 ⅔ tsp.          |   |               |
| Sauce, hoisin, ready-to-serve              | 1 tbsp.           |   |               |
| Vinegar, cider                             | 1 tbsp.           |   |               |

## Preparation Instructions

HACCP Process: #2 - Same Day Service


1. Wash mushrooms and cut in half.
2. Mix minced garlic, minced ginger, vegetable oil, sesame oil, sambal sauce, teriyaki sauce, hoisin sauce, and vinegar then add mushrooms. Mix gently to coat the mushrooms.
3. Place mixture into a hotel pan or a 2 1/2 inch deep pan and cover with foil. Cook in 375° F oven for 30-40 minutes. Internal temperature should be above 140° F. Hold hot for service.

## Dates

|              |            |
|--------------|------------|
| Last Updated | Created    |
| 01-17-2025   | 10-09-2024 |



## Marinated Mushrooms - CACFP

|   |       |
|---|-------|
| Serving Size  | Yield |
| 0.5 Cup   | 6.00  |
| Cost Per Serving  |       |
| N/A  |       |

## Nutrition Facts

Serving Size 0.5 Cup (140 gm)

| Amount Per Serving               |            |                |
|----------------------------------|------------|----------------|
| Calories                         |            | 50.356         |
|                                  |            | % Daily Value* |
| Total Fat                        | 1.323* gm  | 2.035%         |
| Saturated Fat                    | 0.923* gm  | 4.617%         |
| Trans Fat                        | 0.000* gm  |                |
| Cholesterol                      | 0.077* mg  | 0.026%         |
| Sodium                           | 139.816 mg | 5.826%         |
| Total Carbohydrate               | 8.046* gm  | 2.682%         |
| Dietary Fiber                    | 0.912* gm  | 3.65%          |
| Total Sugars                     | 3.265* gm  |                |
| Includes N/A* gm of Added Sugars |            |                |
| Protein                          | 3.590 gm   | 7.179%         |
| Vitamin A, RAE                   |            | N/A* mcg       |
| Vitamin C                        | 0.907* mg  | 1.511%         |
| Vitamin D                        | 0.127* mcg | 0.635%         |
| Calcium                          | 29.509* mg | 2.951%         |
| Iron                             | 0.630* mg  | 3.502%         |
| Potassium                        | 594.050 mg | 12.639%        |

Saturated Fat % of Calories 16.504 %

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the

daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

| Component        | Measurement |
|------------------|-------------|
| Other Vegetables | 0.5 cups    |

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe