



# Sautéed Mushrooms

## General Information

Recipe #	Category	Source
1993232	Other Vegetables 	Local
Copied From		
Sautéed Mushrooms, 3/4 cup 		

## Ingredients

Name	Quantity	+	Quantity 2
Mushrooms, white, raw	9 lbs., 6 oz.		
Oil, olive, salad or cooking	1 pt., 1 tbsp., 1 tsp.		
Salt, table	1 tbsp., 1 ¼ tsp.		
Spices, pepper, black	1 tbsp., 1 ¼ tsp. ground		
Spices, Italian Seasoning, 28oz, 1.75#, Monarch 207250	1 tbsp., 1 ¼ tsp.		
Garlic, raw	¼ c., ½ tsp.		



## Sautéed Mushrooms

Serving Size	Yield
3/4 cup	100.00

## Nutrition Facts

Serving Size <sup>3</sup> / <sub>4</sub> cup (48 gm)		
Amount Per Serving		
Calories	49.904	
% Daily Value*		
Total Fat	4.649 gm	7.153%
Saturated Fat	0.644 gm	3.221%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	99.191 mg	4.133%
Total Carbohydrate	1.565 gm	5.222%
Dietary Fiber	0.457 gm	1.828%
Total Sugars	0.846 gm	
Includes 0.000 gm of Added Sugars		
Protein	1.346 gm	2.693%
Vitamin A	0.026* mcg RAE	0.003%

## Preparation Instructions

### HACCP Process: #2 - Same Day Service

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including:

1. Preheat oven to 375° F.
2. Rinse, wipe off any dirt with a wet cloth. Try not to soak the mushrooms in water.
3. Cut any very large mushrooms in half or in quarters. Mince garlic into small pieces.
4. Toss mushrooms with olive oil, salt, pepper, italian seasonings and minced garlic. Other seasoning, such as granulated garlic, thyme or rosemary may be added.
5. Place mushrooms in a single layer on a parchment-lined sheet pan. Do not crowd the mushrooms as this will cause them to steam.
6. Roast until mushrooms are lightly browned and tender, approximately 15 minutes.

Mushrooms can also be sauteed in a hot pan, if desired.

CCP: Hold for hot service at 140° F or higher.

## Dates

Last Updated  
10-15-2025

Created  
10-15-2025

Vitamin C	1.004 mg	1.673%
Vitamin D	0.085 mcg	0.425%
Calcium	2.446 mg	0.245%
Iron	0.254 mg	1.411%
Potassium	137.986 mg	2.936%

Saturated Fat % of	11.619
Calories	%
Added Sugar % of	0.000 %
Calories	

\* 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	0.75 cups

## Allergens

No Allergens

## Attributes

Made from Scratch  
Vegan  
Vegetarian

## Added Sugar

## Limitations ⓘ

Not applicable.

## Vendors

US Foods 🇺🇸

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