

# GR-272877 · Italian Parmesan Mushroom Salad · 0.5 c · 100 servings

 Other Veg: 1/2  Milk

## Section 1

Mushrooms, white, fresh, raw, slices  
9 3/8 lb

Oil, extra virgin olive, salad or cooking  
3/4 c

Lemon juice, raw  
1/4 c

Salt, table  
1 tbsp

Spices, pepper, black  
1 tbsp

Cheese, Parmesan, Grated  
1 3/4 c

Parsley, fresh  
1/2 cup chopped

Peppers, Red, Sweet, Chopped  
1 qt

1. **Directions: Pre-Prep:** Clean and sanitize work station. Pull ingredients and place at station.

### 2. Prep:

Placed **sliced mushrooms** in a large, food storage container.

In measuring cup, whisk together **olive oil** and **lemon juice**. Whisk in **salt** and **black pepper**. Pour over mushrooms.

With gloves, on toss mushrooms and dressing. Then toss with **parmesan cheese**.

Toss in **parsley** and **red bell peppers**.

### 3. Hold:

Refrigerate overnight.

### 4. Serve:

Serve 1/2 cup on line or offer on your salad bar using 4 oz spoodle.

# Italian Parmesan Mushroom Salad

## Nutrition Facts

Servings Per Container 1

**Serving Size 0.5 c**

Amount Per Serving

**Calories** **34**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 1g **3%**

Trans Fat 0g

**Cholesterol** 2mg **1%**

**Sodium** 108mg **5%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 1g **2%**

Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 2g **4%**

Vitamin D: 0% DV • Vitamin A: 1% DV

Calcium: 0% DV • Vitamin C: 10% DV

Iron: 2% DV • Phosphorus: 1% DV

Potassium: 3% DV •

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.