

BRUSSELS SPROUTS (FROZEN)

Yield 100

Portion 3/4 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 57 cal | 11 g | 5 g | 0 g | 0 mg | 104 mg | 34 mg |

Ingredient

WATER
SALT
BRUSSELS SPROUTS,FROZEN

Weight

18-3/4 lbs
5/8 oz
30 lbs

Measure

2 gal 1 qts
1 tbsp
5 gal 2 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add brussels sprouts; stir well. Return to a boil; cover.
- 4 Reduce heat; cook brussels sprouts for 7 to 9 minutes.
- 5 Place brussels sprouts in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.