

SPINACH (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
34 cal	6 g	4 g	0 g	0 mg	176 mg	179 mg

Ingredient

WATER
SALT
SPINACH,FROZEN

Weight

6-1/4 lbs
5/8 oz
27 lbs

Measure

3 qts
1 tbsp
4 gal 1/8 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add spinach; stir well. Return to a boil; cover.
- 4 Reduce heat; cook spinach 4 to 6 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place spinach in serving pans. CCP: Hold for service at 140 F. or higher.