

**SPINACH (CANNED)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
32 cal	5 g	4 g	1 g	0 mg	532 mg	138 mg

**Ingredient**

SPINACH,CANNED,INCL LIQUIDS

**Weight**

36-3/4 lbs

**Measure**

4 gal 1-7/8 qts

**Issue****Method**

- 1 Pour off half the liquid.
- 2 Place spinach in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place spinach in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.