

**ASPARAGUS (FRESH)**

**Yield** 100

**Portion** 4 Spears

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
21 cal	4 g	2 g	0 g	0 mg	73 mg	20 mg

**Ingredient**

WATER  
 SALT  
 ASPARAGUS,FRESH,WASHED & TRIMMED

**Weight**

12-1/2 lbs  
 5/8 oz  
 20 lbs

**Measure**

1 gal 2 qts  
 1 tbsp  
 4 gal 7/8 qts

**Issue**

37-3/4 lbs

**Method**

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add asparagus; bring water back to a boil. Cover; cook 10 to 20 minutes.
- 4 Place asparagus in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.