

FRIED ONIONS

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	10 g	1 g	7 g	0 mg	3 mg	23 mg

Ingredient

OIL,SALAD
ONIONS,FRESH,SLICED

Weight

1-1/2 lbs
25 lbs

Measure

3 cup
6 gal 5/8 qts

Issue

27-3/4 lbs

Method

- 1 Heat 1-1/2 cups salad oil in each steam table pan.
- 2 Place 12 pounds 8 ounces onions in each pan. Cook 40 minutes in 400 F. oven or until tender and lightly brown, stirring occasionally to prevent burning. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.