

**ASPARAGUS (FROZEN)**

Yield 100

Portion 3/4 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 23 cal   | 4 g           | 2 g     | 0 g | 0 mg        | 74 mg  | 20 mg   |

**Ingredient**

ASPARAGUS,FROZEN,SPEARS,SLICED  
 WATER  
 SALT

**Weight**

18 lbs  
 8-1/3 lbs  
 5/8 oz

**Measure**

2 gal 3-1/3 qts  
 1 gal  
 1 tbsp

**Issue**

**Method**

- 1 Cook asparagus for 5 to 8 minutes. Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt. Return to a boil. Cover.
- 3 Place asparagus in serving pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.