

**ASPARAGUS (CANNED)**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
22 cal	4 g	3 g	0 g	0 mg	409 mg	22 mg

**Ingredient**

ASPARAGUS,CANNED,SPEARS,INCL LIQUIDS

**Weight**

31-3/4 lbs

**Measure**

3 gal 2-3/4 qts

**Issue**

**Method**

- 1 Pour off half the liquid.
- 2 Place asparagus 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. Hold at 140 F. or higher for service.