

**ONIONS (FRESH)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
52 cal	12 g	2 g	0 g	0 mg	79 mg	31 mg

**Ingredient**

WATER  
SALT  
ONIONS,FRESH,SLICED

**Weight**

37-5/8 lbs  
5/8 oz  
30 lbs

**Measure**

4 gal 2 qts  
1 tbsp  
7 gal 1-5/8 qts

**Issue**

33-1/3 lbs

**Method**

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add onions; bring water back to a boil. Cover; cook onions 15 to 25 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place vegetables in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.