

**SPINACH (FRESH)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
27 cal	4 g	4 g	0 g	0 mg	167 mg	122 mg

**Ingredient**

WATER  
SALT  
SPINACH,FRESH,BUNCH

**Weight**

6-1/4 lbs  
5/8 oz  
27 lbs

**Measure**

3 qts  
1 tbsp  
25 gal 2 qts

**Issue**

29-1/3 lbs

**Method**

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