

ASPARAGUS TIPS

NO IMAGE

Servings:	6.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13876
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL	6 Pound		184290
OIL OLIVE PURE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		432061
CHEESE PARM GRTD	3 Fluid Ounce		164259

Preparation Instructions

Clean the asparagus, break it off, and discard the woody ends. Line a sheet pan with a pan liner. Arrange the asparagus in a single layer. Brush lightly with oil and sprinkle with parmesan cheese. Bake in a 350-degree convection oven for 3-7 minutes, until just slightly tender when pricked with a fork. During hot holding, asparagus continues to cook in a heated holding cabinet. Do not overcook, and serve as soon as possible.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	145.02
Fat	10.23g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	172.74mg
Carbohydrates	9.60g
Fiber	4.32g
Sugar	2.40g
Protein	8.28g
Vitamin A 2172.97IU	Vitamin C 16.63mg
Calcium 132.18mg	Iron 1.97mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available