

# ASPARAGUS TIPS



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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available