

**A053 – ASPARAGUS, FROZEN, SPEARS, 2.5 LB**



**Nutrition Information**

Asparagus, cooked, drained, without salt

	¼ cup (45 g)	½ cup (90 g)
Calories	8	16
Protein	1.33 g	2.65 g
Carbohydrate	0.86 g	1.73 g
Dietary Fiber	0.7 g	1.4 g
Sugars	0.14 g	0.29 g
Total Fat	0.19 g	0.38 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.50 mg
Calcium	8 mg	16 mg
Sodium	1 mg	3 mg
Magnesium	4 mg	9 mg
Potassium	77 mg	155 mg
Vitamin A	363 IU	725 IU
Vitamin A	18 RAE	36 RAE
Vitamin C	11.0 mg	22.0 mg
Vitamin E	0.54 mg	1.08 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A whole asparagus spears.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/2.5 lb pkgs per case.</li> <li>One 2.5 lb pkg AP yields about 6<sup>2</sup>/<sub>3</sub> cups cooked asparagus spears and provides about 26.7 ¼-cup servings cooked vegetable.</li> <li>One lb AP yields about 2<sup>2</sup>/<sub>3</sub> cups cooked asparagus spears and provides about 10.7 ¼-cup servings cooked vegetable.</li> <li>CN Crediting: ¼ cup cooked asparagus spears provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen asparagus in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened thawed asparagus covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li><b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Add frozen asparagus to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 12 minutes. Drain.</li> </ul>

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>  (con't)	<ul style="list-style-type: none"> <li>• STEAMER: Place frozen asparagus in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 10 to 12 minutes. Drain. Sprinkle and stir 1 tsp seasoning over each 100 servings of vegetable, if desired. Do not boil.</li> <li>• Cook frozen asparagus only until tender and crisp; it will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of asparagus to serve soon after cooking. Frozen asparagus can be cooked without thawing.</li> <li>• Batch cook vegetables just before serving to improve quality.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve frozen asparagus heated as a side dish, or use in a variety of main dishes, appetizers, casseroles, soups, and salads.</li> <li>• Add flavor to asparagus by using herbs and spices. Season asparagus with red pepper flakes, thyme, basil, garlic powder, or lemon juice.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze asparagus.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>