

# Beans Green Sesame MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Beans Green Sesame MTG

## Nutrition Information

<b>Calories</b>	13.23	<b>Protein</b>	0.60g
<b>Fat</b>	0.38g	<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	2.40g	<b>Fiber</b>	1.11g
<b>Sugar</b>	0.60g	<b>Sodium</b>	45.98mg
<b>Iron</b>	0.34mg	<b>Vitamin C</b>	5.38mg
<b>Vitamin A</b>	227.70IU	<b>Calcium</b>	12.21mg

## Ingredients

**30 Cup** BEAN GREEN BUSHEL 26# P/L

+/- 10 lbs

**1 1/4 Tablespoon** OIL SESAME PURE 10-56Z ROLN

SAUTE

Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.

**1 1/4 Tablespoon** OIL OLIVE PURE 4-3LTR GFS

**2 Teaspoon** SALT SEA 36Z TRDE

**1 1/4 Tablespoon** SPICE SESAME SEED HULLED 19Z TRDE

## Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

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,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

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,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

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