

# **Cookbook for North Liberty Elem**

**Created by HPS Menu Planner**

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# Green Beans

NO IMAGE

<b>Servings:</b>	78.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23050

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN 6-10 GCHC	3 1/4 #10 CAN		328251
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3 1/4 Ounce		191205
SEASONING MIX RNCH 6-16Z HVALL	2 1/6 Tablespoon		618684
SPICE ONION MINCED 12Z TRDE	2 1/6 Tablespoon		513997

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 78.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	31.73		
<b>Fat</b>	0.94g		
<b>SaturatedFat</b>	0.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.55mg		
<b>Sodium</b>	340.21mg		
<b>Carbohydrates</b>	4.64g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	2.16g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

**Calcium** 32.33mg **Iron** 0.43mg