

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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[Green Beans](#)

Green Beans



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 403.000 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23050 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------------|-------------------|------------|
| BEAN GREEN CUT XTRA GRN 6-10 GCHC | 16 4/5 #10 CAN | | 328251 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 16 4/5 Ounce | | 191205 |
| SEASONING MIX RNCH 6-16Z HVALL | 11 1/5 Tablespoon | | 618684 |
| SPICE ONION MINCED 12Z TRDE | 11 1/5 Tablespoon | | 513997 |

Preparation Instructions

No Preparation Instructions available.

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: 403.000

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 31.73 | | |
| Fat | 0.94g | | |
| SaturatedFat | 0.60g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 2.55mg | | |
| Sodium | 340.21mg | | |
| Carbohydrates | 4.64g | | |
| Fiber | 2.16g | | |
| Sugar | 2.16g | | |
| Protein | 1.08g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 32.33mg | Iron | 0.43mg |

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

Nutrition - Per 100g

No 100g Conversion Available